Chichester Herald

Friday 22nd February 2013
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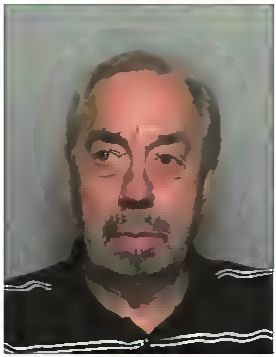
Priest behind bars

>> *Sussex priest sentenced for sex offences against young boys*



Robert Coles has been sentenced

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

A RETIRED Church of England priest is this week behind bars after being sentenced to eight years for sex offences against young boys in Chichester.

Robert Coles, 71, of Upperton Road, Eastbourne, appeared at Brighton Crown Court last Thursday (14 February), and was sentenced to a total of eight years for sexual offences against young boys.

He had been awaiting trial due to commence on 10 June over seven alleged offences of sexual assault – three of buggery of one boy then aged between 15 and 16 at a location in Chichester between 1982 and 1984, two of Indecent Assault of the same boy between 1982 and 1983, and one each of Indecent Assault of two other boys, who were aged 10 at the time of the alleged offences, in West Sussex and elsewhere, between 1978 and 1979. Coles had pleaded not guilty to all these offences.

> "...police emphasise that there is nothing to suggest that any children are currently at risk"

At a hearing on 14 December last year at Chichester Crown Court, Coles had pleaded guilty to 11 offences, ie, one offence of buggery and four indecent assaults against the first victim, and to three indecent assaults against each of the other two victims, during the same respective periods.

At today's hearing, prosecutor Ryan Richter advised the court that after consideration, including consultation with Sussex Police and the three victims, the Crown Prosecution Service had decided not to proceed with the seven outstanding charges. The trial set for 10 June will therefore not take place and His Honour Judge Anthony directed that the seven charges would lay on the court file.

Coles was sentenced to a total of eight years imprisonment last week for the 11 offences to which he had pleaded guilty in December.

For the offence of buggery he was sentenced to five years and for the four indecent assaults against the same victim he was sentenced to 2 and a half years for each offence, all to run concurrently, and also to run concurrently with the sentence for the buggery offence.

He was sentenced to 18 months for each of the three indecent assaults against the

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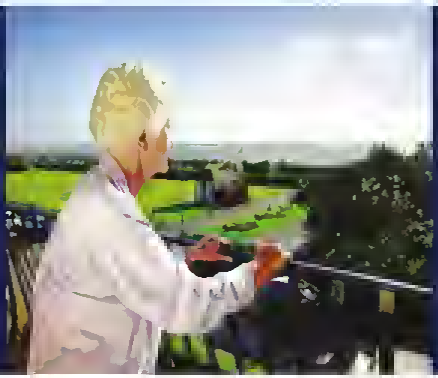

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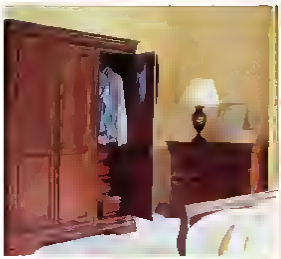

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Authorities willing to contribute to major improvements for A27 at Chichester

WEST Sussex County Council and Chichester District Council have told the Government they are willing to consider a contribution of £20m towards bringing about a major improvement scheme for the A27 in Chichester.

Both authorities have written a joint letter to Transport Minister Stephen Hammond.

The letter asks the Government to allocate money to develop a Highways Agency scheme which will solve six traffic bottlenecks along the A27 Chichester by pass.

It follows the Chancellor's Autumn Statement, which announced the Government wants a pipeline of Highways Agency transport schemes to be delivered between 2015 and 2019.

For many years, the County Council has lobbied for the Government to deliver schemes to improve the A27 at Chichester, Arundel, Worthing and Lancing.

The Chichester scheme, estimated to cost between £71m and £90m, would help stimulate economic growth along the West Sussex coast and create 3,000 jobs in Chichester.

It would make that stretch of the A27 safer and more reliable for local residents and make it easier for businesses to reach customers.

The County Council would like to support the Chichester scheme because it was prioritised by the former Regional Transport Board, putting it at an advanced stage compared to the others and with a greater likelihood of securing central Government funding. It also offers good value for money with a mix of central and local Government funding and private sector resources.

The County Council is also proposing plans for short-term improvements at Arundel, Worthing and Lancing as part of its A27 Action Plan which will be published later this year.

Funding for the £20m contribution would come from prudential borrowing and the allocation of future developers' contributions between 2014 and 2018.

West Sussex County Council leader Louise Goldsmith said: "Addressing the congestion issues along the A27 is absolutely vital for the future of West Sussex's economy.

"We recognise in tough economic times that reduced public spending limits everybody's ability to invest in major infrastructure projects.

"However, if we can kick-start investment now it could be worth billions to the local economy in future years."

Louise added: "We hope the Transport Secretary will consider this proposal seriously and that he will share our ambition for delivering this project at the earliest opportunity."

Chichester District Council leader Heather Caird said: "This is a unique opportunity to address the concerns of the local community about the A27 and tackle the increasing congestion problems that we face.

"Through working with the Highways Agency and WSCC, we have been able to make the bid more attractive by identifying solutions that include the allocation of future developer contributions.

"The bid is still at an early stage and much more work and consultation will be needed to find the right solution, but it is a positive step in the right direction."

Rose signs as Ambassador to Golf at Goodwood

ENGLISH golfer and current World No 6 Justin Rose has agreed a deal to become the official tutoring professional of Goodwood.

Speaking of the new partnership, Rose stated: "I'm delighted to be announcing this partnership with Goodwood given the history and heritage of the Goodwood Estate and the fantastic facilities that they have to offer there. I'm also excited by their ambitions for the development of their junior golf programme and hope to be a part of their plans for many years to come."

Stuart Gillett, General Manager Golf At Goodwood, commented: "We are thrilled to be working with Justin on the back of his great success last year and he honours at The Ryder Cup. Justin is the perfect ambassador for us with his success both locally and nationally as a junior; this is an area we are committed to developing here at Goodwood and what better inspiration for the stars of tomorrow. We believe we offer a truly unique golf experience set alongside England's finest sporting Estate and with Justin involvement we look forward to taking Golf At Goodwood to a new level."

Continued from page 1

second victim and 18 months for the three indecent assaults against this third victim, to run concurrently with the sentences for the offences against the first victim.

Coles was also served with a Sexual Offences Prevention Order (SOPO) prohibiting him from any contact with the three victims, from having any unsupervised contact with boys under 16, and from seeking any employment or voluntary work which would involve unsupervised access to children under 16. He was also required to register as a sex offender for life on his release from prison.

He had been arrested on 6 March last year following a six month enquiry by Sussex Police detectives, and was charged in August 2012 on the authority of the South East Complex Case Unit of the Crown Prosecution Service with whom the police have worked very closely in this investigation and prosecution.

None of the charges related to any allegations of recent or current offending and police emphasise that there is nothing to suggest that any children are currently at risk.

Detective Inspector Jez Fryer of Sussex Police said: "We admire the courage of the victims in coming forward and being prepared to give evidence against Coles. We continue to encourage people making to report offences to contact us, regardless of how long ago alleged offending took place. You can talk to experienced detectives in confidence and we can help you access a range of counselling and other support services.

"In carrying out this investigation we also received full co-operation from the Diocese of Chichester."

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

In the late 8th/or early 6th century the Saxons arrived in Chichester. Chichester is named after a Saxon called Cissa. The Romans called any group of Roman buildings a 'castra' and called this town Noviomagus Regnensium. This changed to Cissa's castra and eventually to Chichester.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@purvis_craig
"Off to @TheBodyShopUK Chichester for another day of makeovers! Wonder what the looks of today will be"

@yvettesmber
"Was meant to go shopping in Chichester ended up in Brighton #spontaneous"

@theflossberry
"On waaay to chichester for my audition! #chichester"

@TheStage
"Chichester Festival Theatre wins six prizes at the Whatsonstage Awards"

@KateLassetter
"I m going to a pudding party today- an afternoon spent sampling puds, I can think of worse ways to spend a wednesday afternoon!"

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While they're around, I can't resist them

Tommy Boyd

TWITTER
Oscar Pistorius is arrested News reports include tweets from sports stars "Woke up to the tragic news" "OMG" "Thoughts with the families" Bit banal but then they aren't supposed to be creative types Then Richard Briers dies Tweets "Oh no" and "How sad" (Stephen Fry) and "RIP the wonderful Richard Briers" (Ricky Gervais) I guess if you are truly creative it must be delightful to have a medium where you are expected not to be creative

TEXTS
Me I sometimes agonise if someone sends me a witty jokey text, because I feel the need to be humorous in return. And if you leave it too long, it looks like you've suffered writers block or worse still tried too hard to be witty

NORSEMEAT
My son came home and said "Dad They keep telling us we should watch what we eat so I've got my tickets for this year's Grand National" Worthy of HIGNFY We tell about, and what's more he's right about several issues And yes I still occasionally eat a nice steak and believe that On His Own (trainer Willie Mullins) will win this disgraceful race this year

BOXING
With me the Grand National and meat is the same as boxing I wouldn't miss any of them if they banned them not for a moment. But while they're around I can't resist them

JEEZ
What a difference a bit of sun makes BLOWING AWAY THE COBWEBS Went for my first run of the year In the sunshine Got home and the old pulse was a bit in and out

A AND E
Next morning pulse still in and out, got Jayne to run me up to St Richards One mention at the front desk of chest pain and bang you're up to your neck in wires and oxygen before you can say Holby City Kept me in for three nights

WARD BONDING
There were half a dozen men in my ward We kept our curtains drawn and ate in silence almost ashamed not to be well and fit One gentleman was very poorly and next morning his bed was empty We didn't discuss it but I suspect we all feared the worst We started chatting got on like old friends Ron I hope your wife's cataracts are better Ashley I can see why you tell strangers you love your wife so much and young patient bloke with beard thanks for running to the shop to get me my morning papers since I was all wired up

DIAGNOSIS
Turns out I've got the same heart thing Tony Blair had Irregular beat Ringo had it too, they say (ha ha, one should never resist a drummer joke). Plus me and Tone we've got the same initials And since all things come in threes If I see any sandy uniformed Military Dictators prowling around Wittering like they want a piece they better watch out

JOKE
How do you know if Ringo Starr's at the door?
The knocking slows down

Let us know what you think
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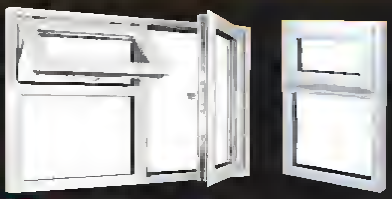

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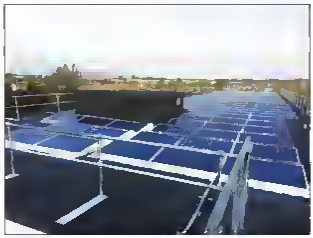
Solar energy boost for County Council building



THE INSTALLATION of photovoltaic panels on a West Sussex County Council building in Chichester will save the Council more than 500 tonnes of carbon dioxide over a 20 year period.

The solar panels were installed on the Grange block, at County Hall in Chichester, by the Council's Carbon Management Team in partnership with SSE Contracting.

The cost of the panels was £56,000, and this cost is expected to have covered itself within seven years. It is estimated that the 40 kilowatt solar panels will generate on average of 29,552 kilowatt hours of electricity per annum over the next 20 years.

The County Council is expecting an annual income and energy bill saving of £5,900 in the first year, which will total approximately £220,000 over 20 years (depending on annual inflation rates). During the 20 year period, the County Council will save 544 tonnes of carbon dioxide.

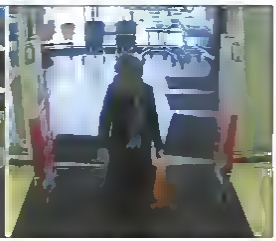
Cabinet Member for Finance and Resources Michael Brown said: "The installation of the panels will not only save the County Council, and therefore council tax payers, a substantial amount of money over the years by generating free electricity, but will also help reduce our carbon emissions.

"This forms part of the County Council's drive to be more energy efficient, environmentally friendly and make savings as reducing our utility bills and our carbon footprint."

The photovoltaic (PV) panels are in addition to a smaller eight kilowatt PV system already on top of the Northleigh building, giving a total of just under 50 kilowatt of PV for the County Hall campus.

Other initiatives by the County Council include installing smart meters in all County Council buildings, working with schools and academies to support better energy management in their buildings, and projects such as draught proofing, loft and cavity wall insulation, and energy efficient lighting and heating system upgrades.

Possible sighting of missing woman



A MISSING woman may have been spotted in a Lancaster supermarket.

Sandra Hall from Bognor Regis went missing on Sunday February 3 after leaving to go to church at 10.20am but she never went. She was seen on a tram between Bognor Regis and Barnham but after leaving the station has not been seen since.

Sandra is 56 and does suffer from depression but Sussex Police do know she has connections to Lancaster and Cumbria as well as West Sussex where she lives.

It is thought she has been spotted in a supermarket in Lancaster on February 13 at around midday.

Inspector Nick Bowman, who is leading the investigation in West Sussex said: "A friend of Sandra's thought she saw her in the supermarket but was unable to speak to her and confirm it was her. We are hoping someone else in the area might have seen her and can help us confirm this is Sandra.

It is very out of character for Sandra to be out of touch with her family for so long and they are obviously very concerned and want her to return home."

Sandra was last seen wearing knee length black and white tweed coat, a scarf and black hat.

Sandra's daughter Emma Culbegford, said: "My mum suffers from depression but she has touched the lives of so many people she has met or befriended over the years in West Sussex, Lancaster and Cumbria.

"She is a generous, loving spirit always prepared to go that extra mile to help and support others. She is deeply loved by her family, who hope that she remains safe and can re-start her life with the care and support she needs to start flourishing again. We just want her back."

If you have seen Sandra or know of her whereabouts, contact Sussex Police on 101 quoting Operation Leeson.

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Production scoops at awards

Local star Michael Ball, actress Imelda Staunton and Chichester's artistic director Jonathan Church

CHICHESTER Festival Theatre production of Sweeney Todd scooped five prizes at the Whatsonstage awards announced this week.

The production, which was first staged during Festival 2011, before transferring to the West End's Adelphi Theatre in 2012, won the following categories:

• The STAR Best Actress in a Musical
Imelda Staunton – Sweeney Todd at the Adelphi Theatre

• The THEATRE TOKENS Best Actor in a Musical
Michael Ball – Sweeney Todd at the Adelphi Theatre

• The RADISSON BLU EDWARDIAN Best Musical Revival
Sweeney Todd at the Adelphi Theatre

• The TOTALLY THEATRE PRODUCTIONS Best Director
Jonathan Kent – Sweeney Todd at the Adelphi Theatre

• The WHITE LIGHT Best Lighting Designer
Mark Henderson – Sweeney Todd at the Adelphi Theatre

Singin' in the Rain, another Chichester Festival Theatre production, directed by Chichester's Artistic Director Jonathan Church, was also among the award-winners, in the following category:

• The made Best Choreographer
Andrew Wright – Singin' in the Rain at the Palace Theatre

Chichester Festival Theatre's Executive Director, Alan Finch, said: "We are absolutely delighted with this achievement. Not only did we receive six awards, but we received 18 nominations in total, including three in the Best Musical Revival category alone, which is testimony to the incredible talent and dedication of everyone involved in these productions."

Highways issues top agenda for South Chichester CLC

PROPOSALS for an extended Residents Parking Scheme are at the top of a packed agenda for the forthcoming South Chichester County Local Committee (CLC) meeting, which meets later this month.

The Committee will consider extending parking controls and review existing waiting restrictions in a number of roads across Chichester, following a formal consultation held in December 2012.

The South Chichester CLC will meet on Tuesday 26 February, at 7pm, in Committee Room 3 at County Hall, West Street, Chichester, PO19 1RQ.

The committee will also be determining the implementation of a Route Safety Scheme on the A286/Broyle Road, which would see the speed limit reduced from 40mph to 30mph along a section of the road, as well as reducing traffic lands and installing an additional pedestrian traffic island.

The main agenda item will be a presentation detailing key findings relating to the South Chichester CLC area in the West Sussex Flood Investigation Report and proposals to set up local action groups to work with West Sussex County Council and the Environment Agency.

The Committee will also consider an application from Network Rail to build a foot and cycle bridge on Fishbourne Road East. It is planned that the bridge will replace a gated crossing.

Although the CLC is not able to give permission for the bridge to be built, authorisation is required to enable an application for the stopping up of the crossing to the Magistrates Court.

Committee Chairman Mike Hall said: "We will be looking at a number of important issues for the local area.

"We will also be considering applications for Community Initiative Funding from several local organisations and charities."

Homeowners urged to be vigilant against burglars

NEW Chichester district commander Tanya James wants residents to work closely with her to cracking down on burglaries and thefts.

Most of these crimes are committed by opportunist thieves and she is urging people to be vigilant and secure their properties in the Chichester district.

Chief Inspector Tanya Jones moved to the area as a Detective Inspector from the West Sussex Priority Crime Team where one of her top priorities was investigating burglaries.

Now one of her priorities is helping to reduce burglaries taking place.

She said: "Since I have arrived as the new District Commander at Chichester on January 21 2013 it seems that some crimes could have been prevented if residents made sure their properties were properly secured.

People leave valuables, such as wallets or laptops on display in their vehicles and they leave their vehicles insecure."

Let's talk Cosmetic Surgery.

Jeremy Hurren, Consultant Plastic Surgeon will be hosting a free talk on Thursday 7th March entitled "Cosmetic surgery of the breast and body". This will be a talk about cosmetic breast surgery (enlargement, reduction and uplift), tummy tucks, liposuction and body contouring.

Following this Jeremy will be holding a Free One-to-Ones on Saturday 16th March.

TALK

Date: Thursday 7th March

Time: 7:45pm

Place: Chichester Fitness & Wellbeing Centre, Chichester Gate, Chichester PO19 8EL

FREE ONE-TO-ONE

Date: Saturday 16th March

Time: 9-11am

Place: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

To book, call 0845 4853898
Find out more at nuffieldhealth.com/hospitals/events
Places are limited, book now to avoid disappointment.

Nuffield Health

Council tax frozen for third year in a row

WEST Sussex County Council's share of council tax bills for 2013/14 will be frozen for the third year in a row, following this week's budget debate at County Hall.

Cabinet Member for Finance and Resources Michael Brown also confirmed that no new cuts are planned for the coming financial year, and that the County Council is on track to reach the target set for the third and final year of the Council's £79 million savings programme.

The agreed budget means that the average Band D council taxpayer will continue to pay £1,161.99 for services delivered by the County Council. Still to be added to that figure will be the amounts required by individual district or borough councils, Sussex Police, and town or parish councils.

Michael said: "I am delighted to say that for the third year running we are able to freeze council tax. That means that at 31 March 2014, local taxpayers will in cash terms be paying the same rate of council tax that they were on 1 April 2010. Over that four year period of course, we have experienced inflation, and so in real terms, the tax freeze amounts to nine percent. Households across the county continue to struggle to make ends meet and we as a Council have a duty to help them if we possibly can."

In his budget speech, Michael recognised that the national austerity measures are likely to continue impacting at a local level, saying that local government must expect to shoulder yet more of the financial burden.

He added: "It came as no surprise that central government support for West Sussex was 6 percent lower than last year. Disappointing but not unexpected, given our track record over the last dozen or so years. The average cut to all councils was only 4.1 percent so this county's disproportionately harsh treatment continues.

"Over the past four years we responded positively to the financial challenge and unashamedly to put corporate efficiency at the heart of our agenda. We have turned this organisation into one of the best performing upper tier authorities in the land."

Welcoming the budget, Leader of the Council Louise Goldsmith said: "The Council has become leaner and more responsive to our residents' need, partnerships are working well, we are going ahead with the Think Family project which will help families and communities now and in the future, and we are successfully two thirds of the way through our three year savings plan, with savings of £59 million achieved and £20 million to go."

Louise also spoke about future developments such as the Green Deal and in helping businesses to be successful.

She said: "We are creating enterprise, and developing business opportunities through our Green Deal and care market are just two current examples."

Louise added that the Council has a big role to play in helping the economy through influencing, enabling and working with partners.

The revenue budget was set at £535 million for the coming year, and includes the County Council taking on new duties such as the national Troubled Families initiative and public health responsibilities.

The Capital Investment budget was set at £145 million for the coming year, and will include meeting challenges such as providing 3,500 additional school places over the next two years.

Michael also spoke about new financial risks for the coming year, including the introduction of the new business rates system, meaning that if a business fails, then the County Council shares if business rates will fall.

He said: "Volatility associated with our income is new. In the past, although Government grant has reduced, and reduced drastically, at least we knew at the start of the year how much we would get. That certainty no longer exists. When a new business in West Sussex is created, or an existing one relocates here, our business rate income will rise. But when a business fails or relocates our business rate income falls, and with immediate effect."

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DAY EXCURSIONS

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13 Apr MOUNTBATTEN FESTIVAL OF MUSIC Royal Albert Hall
17 Apr THE MOUSETRAP Theatre Royal Brighton
25 Apr THE FULL MONTY Mayflower Theatre
28 Apr JAMES LAST & HIS ORCHESTRA BIC Bournemouth
01 May WALKING WITH DINOSAURS Wembley Arena
02 May DOLLY PARTON'S 9 TO 5 WITH LUNCH OPTION Mayflower Theatre
03 May MICHAEL BALL - Both Sides Now Tour The Brighton Centre
08 May SINGING IN THE RAIN Palace Theatre
09 May HIGH SOCIETY Mayflower Theatre
15 May FILM MUSIC GALA 2013 with the Royal Philharmonic Orchestra Royal Albert Hall
15 May LES MISERABLES Queens Theatre
17 May THE ROCKY HORROR SHOW Mayflower Theatre
17 May DIRTY DANCING New Victoria Theatre Woking
13 Jun BURN THE FLOOR with Robin Windsor & Kristina Rihanoff Shaftesbury Theatre
13 Jun CATS WITH LUNCH OPTION Mayflower Theatre
14 Jun THE BODYGUARD Adelphi Theatre

15 Jun BRUCE SPRINGSTEEN Wembley Stadium
15 Jun CLIFF RICHARD Still Reelin' & A Rockin' Tour Probiz County Ground Hove
20 Jun FRANKIE VALLI & THE FOUR SEASONS BIC Bournemouth
25 Jun JONATHAN & CHARLOTTE BIC Bournemouth
27 Jun STRICTLY CONFIDENTIAL WITH LUNCH OPTION Mayflower Theatre
05 Jul ROBBIE WILLIAMS Wembley Stadium
22 Jul DAVID BOWIE IS EXHIBITION NEW V&A Museum
25 Jul ONCE, THE MUSICAL Phoenix Theatre
31 Jul A CHORUS LINE London Palladium NEW
01 Aug BILLY ELLIOT Victoria Palace Theatre
24 Aug PETER PAN, THE NEVER ENDING STORY NEW Wembley Arena
31 Oct GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
14 Dec JOOLS HOLLAND & GUESTS NEW Brighton Centre
15 Dec DIVERSITY - LIMITLESS The Brighton Centre
17 Dec JLS BIC Bournemouth
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Chichester student wins prestigious jewellery prize

CHICHESTER S Roxana Mozaffari, who is currently studying for a degree in Jewellery and Silversmithing at The School of Jewellery at Birmingham City University (BCU), has won a prestigious jewellery industry competition for the excellence of her design skills

This annual event is organised by Weston Beamor one of the country's most long established jewellery casting companies which, as part of WB The Creative Jewellery Group is also one of the UK's largest jewellery businesses, employing some 180 people at offices in Birmingham, London and Essex.

Roxy's winning design in 18ct rose and yellow gold takes its inspiration from the three meanings of the Zoroastrianism religion - good thoughts, good words and good deeds. Its strong lines and luxurious appearance really captured the judges imagination and helped her to beat off stiff competition from her fellow students.

The winning ring was brought to reality, from Roxy's original Computer Aided design, by Weston Beamor's new product development team and was shown to the company's stand at The Jewellery Show Birmingham, one of the UK's largest jewellery trade exhibitions, which took place recently at The National Exhibition Centre, where it attracted considerable interest from visitors to the event.

Before heading off to Birmingham to study, Roxana worked for the well known Chichester Jeweller Timothy Roe where she completed 3 ½ years as a jewellery apprentice. "When I was working I learnt a great deal, doing a lot of repair work and commissions, but I suddenly realised that I wanted to make my own designs not other peoples and decided I needed to study further. If all goes well, I would like to have my own business. Hopefully winning this competition and having work experience with Weston Beamor will help me realise my ambition." she commented.

Weston Beamor also hopes this will be the case. "Many previous winners of our Award have gone on to have considerable success in the jewellery industry," says the company's Business Development Manager Glen Day. "The students of today are the entrepreneurs of tomorrow and at Weston Beamor we work closely with many young jewellery designers carving their own niches in our industry. We look forward to showing Roxana how a large-scale jewellery manufacturing company operates and to helping her to realise her dreams of becoming a successful designer maker."

Roxana Mozaffari with her prize winning ring

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Art class starts soon

■ Absolute beginners to improvers will love this course!

Spring Art Class

What a great way to start Spring. This part time course is 3 and a half months, once a week for 3 hours

ABSOLUTE BEGINNERS TO IMPROVERS JUST LIKE YOU!
The course is designed to be fun for absolute beginners who have never picked up a brush before through to improvers, says Art Director Peter of Stringers Gallery Petworth

STEP BY STEP GUIDANCE
We adapt to each student's needs and give them all the guidence and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over 3 and a half months we will explore 4 different media, pencil drawing & sketching, Oil pastel painting and techniques, painting and blending with watercolours and acrylics Step by step guidance in the basic techniques and secrets needed to create beautiful pieces of art.

SEASIDE VISTAS
By the end of the course, students have created a minimum of 5 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months and participate in something you will look forward to every single week.

MAKE NEW FRIENDS & MEET NEW PEOPLE
The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 ½ month part time course

YOUNG AT HEART
This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages

LIMITED PLACES
To maintain a high standard in our classes and the tuition you will receive, classes are kept to small numbers, so places available are limited! We recommend that if you are interested, you book now

For more information on dates, venues, course fees and bookings, call 01798 343179

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The train of shame

Mia Edwards

OFTEN I go to see my cousins who live in Lewes and stay with them for the weekend. I look forward to the train journey almost as much as I look forward to seeing them. There's nothing better than having an excuse to just sit down and daydream for an hour while looking out of a train window.

But occasionally my gaze is rudely interrupted by someone who happens to be standing on the platform. Sometimes it's some cocky guy who thinks I'm checking him out (haha you wish) and waves or sticks his tongue out or something. Get freeds.

The thing is, I cannot control where I stare because I'm not really looking at anything in particular. If I look at you, dear stranger, rest assured I'm probably not sussing you out, I am just LOOKING. At. NOTHING. I know other people have the same problem, I so wish we could all have a sign on our heads that says 'I am just daydreaming you creep, don't flatter yourself'.

Plus, there are the awkward moments when you're listening to music through headphones and you accidentally sing aloud. I do this a lot. But half the time I only notice when I see people looking at me funny, which can take a while (just a tip to anyone else who has this problem, chew some gum when you're listening, life saver). The thing is, I think I'm mouthing the music and then suddenly I am just not. It is a very disturbing experience for me and every other passenger.

But being a nosy pest I love eavesdropping on everybody's conversations. There was a couple sat opposite me on the train the other day, and started talking to each other, but I had my headphones in and didn't want to take them out and make it so obvious that I was listening to everything they said. So I had to sneakily pretend to rest my head in my hand and then slowly take out my headphone and look out of the window interestedly (even though it was dark) to seem natural and like I was not being a cunning minx. It's hard work being a snooper.

Then comes the sad moment when you get off the train and have to say farewell to all of your new passenger friends, who have accepted you for your shocking singing, nosiness and general lack of concentration, and have kindly pretended not to be annoyed by you for the entire journey. Thanks for your co-operation guys, and don't worry, you'll be pleased to know I'll be back very soon.

Let us know what you think @chiherald

Donation of £300 to Chestnut Tree House Children's Hospice

POLICE in Arundel have donated £300 to Chestnut Tree House Children's Hospice to fund the care it provides to children and young adults from 0-25 years of age with progressive life-limiting and life-threatening illnesses from all over the county.

Completed in 2003, the hospice provides a 'home from home' environment with 10 children's bedrooms plus eight family rooms, a wet and dry play area, computer and music rooms, a multi-sensory room and hydrotherapy pool. The house is set in beautiful gardens within an area of outstanding natural beauty.

There are more than 400 families with life-limited children in Sussex. Chestnut Tree House offers support for the whole family including psychological support, care in bereavement therapy, end of life and respite care and sibling support.

It costs over £2.5 million per year to provide our care services. Families are not charged for their care and the hospice receives hardly any government funding at all, so it relies completely on the generosity, help and support of the people of Sussex.

The donation comes from the Police Property Act made up of monies received by the police from property confiscated by order of the court and then sold.

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Malawi Fairtrade Producer visits Chichester for Fairtrade Fortnight

ON TUESDAY February 26 Chichester residents will have the opportunity to enjoy a community lunch and talk on the life of a Fairtrade producer, to celebrate Fairtrade Fortnight (25 Feb 10 March) Transition Chichester has teamed up with Fairtrade Chichester to organise the event, which takes place from 12.45 2.30pm at The Jubilee Hall, New Park Centre, Chichester

This year Chichester has been lucky enough to have been chosen as an area to be visited by a Fairtrade producer, Henry Matecodo, a Fairtrade Sugar Producer from Malawi. The event will start with a community lunch, comprising locally sourced, organic produce generously provided by local businesses Tuppeny Barn and Wayside Organics and artisan bread made by Transition Chichester super-bakers John Sandar and Anne Janocik. Residents will then be treated to an hour long talk by Henry Matecodo, who will discuss his life as a Fairtrade Malawi sugar producer, including how the process works, how Fairtrade helps his local community and general life as a farmer in Malawi.

Attendees are set to include the Mayor and representatives from the Chichester Waitrose store Co-event organiser John Sandar said "We're really looking forward to the afternoon, it's great to be working with another local organisation and we are keen to promote the importance of Fairtrade Henry's talk is set to be fascinating as well as an important way for Chichester residents to put a face to the producer, and make a real connection to where our food comes from."

Tickets cost £5 (£3.50 for students) and are available on the door For more information contact: projects@transitionchichester.org

Chichester Harbour welcomes artists

L-R Emily Blackie Jane Latawski Molly Turner and Rachel Bromhead

THE NATURAL beauty of Chichester Harbour is being used as inspiration for three undergraduate art students from the University of Chichester

Two of the students, Emily Blackler and Rachel Bramhead are working on a community art module Over the next three months they will spend time with staff from the Chichester Harbour Education Service They aim to develop new art-based workshops that can be used with local schools and particularly for pupils with special needs

The third student, Molly Turner, specialises in sculpture Over the next few months she will set up a studio at Dell Quay and work as artist in residence to the Conservancy The excellent views and tranquility of the area will inspire her work.

The students have chosen to work with the Conservancy because they have a particular interest in the environment and beauty of the Area of Outstanding Natural Beauty The placements form a partnership with the University, which will be beneficial for the both the students and the Chichester Harbour Education Service

Jane, Deputy Education Officer is thrilled to be working with the students She said "Art is already a key part of our education work and it will be great to have new activities developed that we can offer to schools."

Saturday is Cat Homing Day 12-2pm!

Avril needs a special home after ...ing in a car

Great News: Terence & Chester and KM89-12 have homes!

COME along to the Cat Homing Day on Saturday 23rd February from 12noon to 2pm if you are thinking of getting a cat or kitten You can visit The Rescue Centre and see the cats and kittens and reserve your selection, pending a satisfactory pre-home visit which will normally occur within a couple of days

Selected Cats and kittens waiting for a home and can be homed as singles or pairs

- Josie is a 2 year old, friendly short haired brindle torty who has been waiting 10 months for a home after having her kittens
- Sarah is a 2 year old black and white Very friendly neutered and ready for a home now her kittens are independent.
- KF93-12 and KM58-12 are Sarah's 6 month old black and white female and male kitten

Cat and Rabbit Rescue Centre

- KM130-12 and KM 122-12 are 9 month old, friendly, neutered tabby elder kittens, one sandy and one grey
- Kitten 90-12 is black and white brother KM91-12 is black and white Both very friendly, neutered, 7 month old kittens
- Avril is a friendly 1 year old torty and white female who needs a special loving home as she was thrown from a car before her kittens were born

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination microchipping, and neutering. Free vet insurance for 4 weeks is provided A younger un-neutered kitten is £70 and a voucher for free neutering at The Rescue when the kitten is old enough is supplied The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply Visits are strictly by appointment and appointments are available 7 days a week. Tel 01243 641409

Cat and Rabbit Rescue Centre, Hailborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

Get ready to give St Wilfrid's Hospice a 'heelping' hand

ST WILFRID'S HOSPICE is hoping fellas across the area will invest in a pair of stilettos over the next few months!

The Hospice will be holding its hilarious Hike in Heels fundraising event on Sunday 19th May in which blokes are encouraged to get in touch with their feminine side and don dresses and high heels for a one-mile walk through Chichester city centre

Registration for this fantastic sponsored event is now open and the Hospice is hoping to make the event bigger and better than before

Last year more than 50 fine fellows took part, and raised over £8,000 for the Hospice and this year we would love to double the figures

The event starts at Chichester Rugby Club where our lads will transform themselves into lovely ladies before being transported into the centre of Chichester Our gorgeous girls will then parade through the city centre with pride We will also be holding a bucket collection and encouraging shoppers to give generously

Alana Mooney, Chief Executive of St Wilfrid's Hospice said "We want to create a real spectacle in Chichester to raise much needed funds for St Wilfrid's The men who take part have lots of fun and of course, it's all in aid of a very worthy cause We would like as many men as possible to take part, teams are welcome

and we'd love to get pubs involved. We hope wives and girlfriends across the area will be very persuasive and set their better halves a challenge Hike in Heels is a wonderful day and always makes people smile!"

The must have accessory for the day will of course be a pair of high heels, and the Hospice's ten shops will be putting by any large-sized pairs they receive for men who register

After completing their walk of fame, our ladies will return to the Rugby Club where they will turn back into lads with a pie and a pint

Registration costs £10, enter online at www.hikeinheels.stwh.co.uk, contact the Fundraising office by emailing fundraising@stwh.co.uk or calling 01243 755827 Alternatively pop into one of the Hospice shops to collect your registration form.

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Chichester Business

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South's largest careers event wow's all!

BUTLIN'S in Bognor Regis played host to more than 1500 students from the region's schools and colleges last week. Exhibitors at the 'World of Work or Wow' event entertained this future workforce over the two day programme, providing a wealth of information through appealing stands performances and demonstrations that kept the region's school and college students thoroughly entertained.

A fantastic example of collaborative working, the popular event brokered the opportunity for employers from the local area, professional bodies, colleges and universities to all come together and offer students information on the different career paths available to them. The event was co-ordinated by Chichester College but was supported by West Sussex County Council, Northbrook, Worthing and Collyers Colleges, Bishop Luffa School, Asphalese Training & the National Apprenticeship service amongst others. Shelagh Legrave, Principal of Chichester College said "This event provided a unique look at careers for our young people and was an excellent example of education & training organisations working collaboratively with local employers to provide an excellent hands on experience for the workforce of the future. We are proud to have been involved with the event."

Four locations were used for the event within the popular resort, these included the new Butlin's Shoreline hotel which offered students an insight in to the catering & hospitality, travel & tourism and event management industries. The provision of free, hot pancakes from Northbrook College, a partner college of the event, appeared to go down very well too!

As well as setting the scene for the day with the events welcome and orientation talks, the large Reds entertainment venue was the scene for live demonstrations from performing arts students, as well as Art, Design, Fashion & Media stands and interactive workshops, such as the 'TV Broadcast Studio' where students could try their hand at being a newsreader.

Car dealership Audi brought a touch of automotive class to the event, with their top of the range A3 convertible and their stand in Jobs offered students information on their successful international business. Accompanied by other examples from the construction, engineering and motor vehicles industries in the area, it offered students a real taste of working in these vital industries.

Amongst the wealth of employers present, was Spirit FM. Their interactive outside broadcast vehicle gave studies with the chance to record a news bulletin which they could take away with them on a CD – a wonderful experience enjoyed by many!

The large and recently refurbished Butlin's conference suite offered students the chance to walk through different 'career zones', providing them with an insight into a variety of professions, public services, hair and beauty demonstrations, IT and animal and food based careers, as well as a whole host more. The addition of the animals from Chichester College's Brinsbury campus, such as the friendly ferrets and giant snails, delighted many and talks from Downview Veterinary Practice helped those with an interest in careers in the veterinary profession.

Chichester College worked hard to deliver the event with support and involvement from other partner schools and colleges. Together a number of exceptional hands on activities and talks for the students were provided in the break out rooms, creating a really great careers event programme for many students to benefit from. Workshops that focussed on jobs in different industries, effective CV writing, dressing for work, apprenticeships and much more were enthusiastically received by the young adults, representing years 9, 10, 11 and 12.

Feedback received during and post event has been excellent, with special thanks extended to all employers in particular who gave up their time in order to add such great value to the event.

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Chichester Business

Chichester salon assistant wins Rush 'Oscar'

(L-R) Sa... B... ... Glanville

EMILY Glanville from Rush Chichester was named as Assistant of the Year at the annual Rush Oscars held in London.

This year's annual Rush Oscars were held in TigerTiger, Haymarket and the ceremony was hosted by International Artistic Director Andy Hemmings and fellow Art Team member Dimitri Lotzi.

A powerful speech from Andy Phouli Chairman of Rush, captivated the Rush team before International Creative Director, Stell Anfew, educated them in the power of dreaming.

After the speeches excitement and nerves continued to rise as the team's anticipation to find out who the 2012 winners were grew. Andy Hemmings kicked started the awards by thanking the team for their complete dedication and enthusiasm towards clients, their colleagues and the salon. On hand was Oritse Williams from JLS, to present each award to the 2012 winners. It was amazing night that left everyone feeling inspired, empowered and motivated.

Stell Andrew, described the Rush Oscars as "an opportunity to recognise and reward those who have excelled throughout the year in true Rush style and thank them for their dedication and hard work. Rush Hair had an incredible 2012 and we wanted to thank our team for their part in making Rush Hair the success it is and will continue to be in 2013."

Young Enterprise Trade Fair at The Council House, Chichester, Saturday 2nd March 2013

YOUNG ENTERPRISE companies will be trading at The Council House from 9.30 a.m. – 4.00 p.m. on Saturday 2nd March 2013 in the Old Court Room. The trade fair is part of the nationwide Young Enterprise Company Programme aimed at 14 to 19 year olds who set up and run a real company for 12 months.

The trade fair is an important part of the company programme as it gives the student companies a chance to trade with the public and practice their customer service skills. They will be selling a range of different products including gifts for Mother's Day.

There will be nine companies taking part from schools including Bishop Luffa School in Chichester and schools from further afield including Midhurst Rother Academy, Steyning Grammar School, Davison High School for Girls and Our Lady of Sion in Worthing, Brighton College and Brighton & Hove School for Girls.

During the event a 'Mystery Shopper' competition will take place and the public will also have their chance to vote for their favourite trade stall. So come and see the future entrepreneurs in action!

During the course of the company programme the students raise share capital, open a company bank account, carry out market research, create a business plan, promote their product or service, trade with the public, manage the company finances and compete in Young Enterprise's HSBC Company of the Year competition against an estimated 2,000 other companies across the country.

As part of the scheme volunteer Business Advisers attend weekly board meetings with the students and offer advice throughout the year to help them develop an attractive product or service, to market and sell it, and make money in exactly the same way as any other adult enterprise.

Young Enterprise is always looking for more people to volunteer as business advisers who could spend approximately an hour each week visiting a local group of young people who are setting up their own business through the Young Enterprise Company Programme. They provide full training and support. If you are interested and would like to find out more please come along to the Trade Fair and talk to our staff and volunteers.

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A Good Day to Die Hard (12A)

THREE out of Five stars

Running time: 98 mins
Director: John Moore
Starring: Bruce Willis, Jai Courtney, Sebastian Koch, Mary Elizabeth Winstead, Cole Hauser, Yuliya Snigir, Sergey Kolesnikov, Radivoje Bukvic

Watchable, decently paced action flick, enlivened by strong performances from both Willis and Courtney and some impressive stunt work, though there's no compelling reason for it to be a Die Hard film and would work just as well as a standalone thriller.

What's it all about?

Directed by John Moore, A Good Day To Die Hard is the fifth film in the Die Hard franchise and sees New York cop John McClane (Bruce Willis) heading to Russia in order to help out his recently arrested son Jack (glimpsed in a family photo in the first film), played by Jai Courtney (Spartacus Blood and Sand). However, when he arrives, he discovers Jack is secretly working for the CIA and is charged with getting political criminal Komarov (Sebastian Koch) out of the country.

Unfortunately, McClane's arrival (midway through an explosive courthouse escape) screws up a planned extraction by the CIA, so McClane and Jack have to keep Komarov out of the reach of shady underworld forces long enough for him to retrieve a file with information on dodgy politico Chagarin (Sergey Kolesnikov).

The Good

Willis proves that he can still cut it in the action-and-wisecracks department and thankfully the 'I'm getting too old for this shit' comments are kept to an acceptable minimum. Similarly, Courtney is excellent as Jack (or John McClane Jnr, should the franchise ever decide to pass on the torch), generating likeable chemistry with Willis and holding his own in the action stakes. There's also strong support from Sebastian Koch, while Radivoje Bukvic provides colourful villainy ('I could have been a dancer...') as Alik, the leader of the pro-running underground types.

The Bad

The main problem with the film is that there's no compelling reason for it to be a Die Hard movie and it would have worked just as well as a standalone action thriller. Part of this is because McClane is now a gue-toting supercop rather than a more resourceful, scrappy but vulnerable trouble-maker caught in the wrong place at the wrong time. Also, it's worth pointing out that this film has been edited down to receive a 12A rating, though at least the hatchet job isn't as obvious and distracting as it was with Taken 2.

Worth seeing?

A Good Day To Die Hard is an entirely watchable thriller enlivened by decent action sequences and strong performances from Courtney and Willis.

Roller skate disco returns to Chichester

GET YOUR skates on – a popular roller skate disco has returned to Westgate Leisure, Chichester.

The sessions are run every Saturday until the end of March. There are two sessions:

• Mini Roller Events from 4.15pm to 5.15pm for families and under 11s. This session is more slow paced and quiet with an emphasis on getting everyone skating. Parents can either walk or skate with their mini rollers. The cost is £6 per person and £1.50 for spectators, and

• Main Events from 6pm to 7.30pm. This is an open session and all ages are welcome. The cost is £8 per person and £2 for spectators.

Westgate Leisure has once again teamed up with RocknRoller to hold the events. The event is proved popular when they were first held at the end of last year.

The sessions include a DJ with professional sound and lighting systems as well as organised games and dance competitions.

Full safety gear including knee pads and helmets are provided and on-rink marshals are on hand to help the more cautious skaters.

Kevin McCoy, Westgate Leisure Manager says: "These sessions were incredibly popular when we held them last year and we are delighted to be running these new events. The emphasis during both sessions is on people having fun while forgetting they're actually getting a great, low impact work out."

The doors open 15 minutes before each session. Numbers are strictly limited so booking in advance is advised, although you can just turn up on the day.

For booking information see Westgate Leisure's website www.westgateleisure.co.uk or call 01243 785651.

Fancy trying Zumba for free?

A FREE Zumba session is being held at Westgate Leisure, Chichester as part of the British Heart Foundation's Healthy Heart Month.

This event is on Tuesday 26 February from 1.15-1.45pm.

Zumba is a Latin-inspired dance and fitness programme that is exhilarating, effective and easy to follow. It's a great way to keep fit and get your heart pumping, keeping it healthy.

This free session is hosted by the Chichester Wellbeing Team.

The team is asking everyone who comes along to wear some red clothing to promote Healthy Heart Month.

For more information or to book a place please contact Jess Walker from the Wellbeing Team on 01243 534559 or email jawalker@chichester.gov.uk.

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. NAME THE TV SHOW THAT SHOT BRUCE WILLIS TO FAME?

A. MOONWALKING
B. MOONLIGHTING
C. MOONRIVER

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 26th Feb 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is C V Salter from Waterlooville.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

This week at New Park Cinema

THIS WEEK sees BAFTA Best Actor Daniel Day Lewis struggling with Civil War battlefields and with his own cabinet in Lincoln, Anthony Hopkins taking on Alfred Hitchcock in his own love story with his wife Alma in Hitchcock. Ben Affleck's multi Award winning Argo based on a true CIA Iranian hostage story and I Wish, a Japanese tale of two brothers separated by divorce

Joining these strong films is Tchaikovsky's Eugene Onegin, an Encore Opera Performance recorded on February 20 2013 at the Royal Opera House, celebrated British baritone Sumuel Keenlyside in the title role. Director Kasper Holten describes Onegin's ideal rejection of a young girl's awakening passion and her ultimate choice of honour over true love as 'full of poetry and melancholy and the yearning to go back and undo what cannot be undone'. Krassimira Stoyanova takes the part of Tatyana, the conductor Robin Ticciati Danish set designer Mia Stensgaard has designed clean, strong images ripe with emotion for this much-loved opera. In Russian with English sub-titles

Helen Mirren stars as Alma Hitchcock in Hitchcock. Scarlett Johansson is taking on the role of Janet Leigh who starred in the magisterial film maker's enduring drama Psycho. The film covers 15 months, starting with Hitchcock (Hopkins) obtaining the rights in 1960 to Robert Bloch's gothic horror movie to kick-start his flagging career. The film is a portrait of an extraordinary artist, a crafty man who takes on the unimaginative office units and bureaucratic studio and censorship boards, a revealing picture of the last days of the big studio system. Hopkins plays the sad, insecure director, part fat boy, part urbane sophisticate who has the Times flown in from London to Hollywood every day. Alma, the protector and right hand woman, is key to his films, Mirren excelling.

Winner of Best Film, Best Director (Ben Affleck), and two other BAFTA awards, Argo returns to the cinema jangling with victory. A dramatization of the 1980 joint CIA-Canadian secret operation to extract six fugitive American diplomatic personnel out of revolutionary Iran, CIA agent Tony Mendez, played by the award-winning director himself devises a plan to free the men sheltering in the Canadian Embassy. Masquerading as the producer of a new sci-fi movie, he enters Tehran on the pretext of location scouting and after he's arranged a back up story of a fake production company complete with Hollywood producer (an excellent Alan Arkin) and special effects guru John Chambers (another show stealer in John Goodman). The mounting tension, acting and filmcraftsmanship created by Affleck amply demonstrate why Argo is a multi-award-winner

Best Actor & AFTA winner Daniel Day Lewis is directed by Stephen Spielberg in Lincoln, a revealing drama focusing on Lincoln's final months in office. In a nation divided by war and strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery. With his moral courage and fierce determination, will this iconic president succeed or will he be thwarted by his government and outside forces? Also starring Tommy Lee Jones as Thaddeus Stevens, Joseph Gordon Levitt and Sally Field as Mary Todd Lincoln

From Japan comes I Wish, a charming tale of two Japanese brothers living in two different cities after their parents separation. The film takes a child's view of the world, he best and discover that two of the new bullet trains, speeding at 150 mph, will cross at a certain junction which, they believe, will allow them to wish for reunion, the result delightfully uplifting.

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SATURDAY'S TV 23.02.13

Listings supplied by Press Association

CHOICE

Sunetra Sarker

Casualty
BBC1, 8.40pm
Last week we met estranged couple David and Kate. When we catch up with them here, he struggles to keep his temper in check after their son Nathan is rushed to the ED after collapsing while on a day out with Kate. The fact that Kate then announces she wants access to their son coupled with bad news about the youngster's future treatment stuns David so much he decides to do something very foolish indeed. Meanwhile, Zoe returns goes berserk at Ash and then offers him a permanent job. Also starring Patrick Robinson.

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live **11.20** Nigel Slater's Simple Cooking (R) **12.00** 9 O'Clock News; Regional News; Weather **12.15** Football Focus **1.00** Rangain Hunt **2.00** I Love Six Nations Rugby Union **4.20** BBC News; Regional News; Weather **4.30** Live Six Nations Rugby Union: England v France (Kick-off 5.00pm)

7.00 **Let's Dance** for Comic Relief Steve Jones and Alex Jones present the second heat of the contest featuring Jan Crichton, Antony Cotton, members of the cast of Waterloo Road, Kim Woodburn and Rosemary Shrager

8.25 **The National Lottery Saturday Night Draws** New series. DJ Borg presents as the balls are rattling to decide the all-important numbers, including the Lotto, Thunderball and Lotto Plus 5 draws

8.00 **Casualty** Zoe returns from pink leave and clashes with Ash. Jeff must persuade a man to act on his semi-lost interests also Fletch is determined to help an elderly gentleman in love

9.30 **Mrs Brown's Boys.** Agnes and the Brown family await the trusts of their friend after taking Grandad's death to get a payout, but the insurance company starts to grow suspicious. (R)

10.00 **BBC News**; Weather

10.20 **Match of the Day**, Gary Lineker presents highlights of the latest Premier League matches, National Lottery Update

11.40 **The Football League Show.**

12.05 **Weatherview** **1.00** BBC News.

BBC2

6.00 Close. **7.30** Great British Menu (R) **8.00** Great British Menu (R) **8.30** Great British Menu (R) **9.00** Great British Menu (R) **9.30** Great British Menu (R) **10.00** A History of Britain by Simon Schama (R) **11.00** Meet the Ancestors. (R) **11.30** Mad Man. (R) **12.00** Italian Food Made Easy (R) **12.30** Masterpiece (R) **1.00** University Challenge (R) **1.30** Talking Pictures. **2.15** Film: The Black Shield of Falworth (1954) **3.40** Close. **4.00** Ring It **4.30** Final Score. **5.15** Live Cycling: World Track Championships.

7.00 **Top Gear.** Jeremy Clarkson puts the new Kia Cee'd through a specially modified test, Richard Hammond drives the Mercedes MXT and three high-performance hatchbacks are tested on the track (R)

8.00 **Dad's Army** The platoon has a steam engine problem (R)

8.30 **A Well Called Storm Natural World Special** Cameraman Jeff Turner spends a year following the lives of a wolf and its pack in the north of Canada, learning how the animals survive in the harsh wilderness (R)

9.30 **Howard Goodall's Story of Music** The composer examines the ways in which modernism and the drift of recorded sound in the late 19th century changed the way music is played, heard and distributed.

10.30 **Fonzy Business.** Comedians who work on the online stage. Last in the series

11.30 **Film: The Man Who Stare at Goats** (2009) Satirical comedy starring George Clooney and Ewan McGregor

12.60 Close

ITV

6.00 ITV **Handy Manny** 6.10 Handy Manny 6.25 **The Hive** (R) 6.36 The Hive. (R) **6.45** Dino Dan (R) **7.00** Dino Dan. (R) **7.10** Cashmals. (R) **7.20** Cashmals. (R) **7.25** Bookaboo **7.40** Matt Hatter Chronicles. (R) **8.05** Kick Buttowski – Suburban Daredevil. **8.15** Jack Buttowski – Suburban Daredevil. **8.30** Victorious (R) **9.00** Jessie **9.25** ITV News **9.30** The Jeremy Kyle Show **USA. 10.25** My Tasty Travels with Lynda Hillingham (R) **11.25** Dinner Date **12.25** Countryfile **12.40** ITV News: Weather. **12.45 Film:** Carry On Up the Jungle (1970) **2.30** The Chase. Celebrity Special (R) **3.30** Midsomer Murders (R) **5.30** Regional Programme. Weather **5.45** ITV News Weather

6.00 **Totally Ten vs Hand Frame** Harry Hill narrates a review of the show's most corn cal clips, featuring amazing acrobats, cute kids and the funniest members of the Friday Night Project (R)

7.00 **Ant & Dec's Saturday Night Takeaway** New series. The Ghost Whisperer recruits ordinary members of the public to help him lay the restless spirits of a dead woman in love

8.20 **Take Me Out.** A rugby player, a student, a mortis caner and a celebrity adviser enter the love-fish in the hope of impressing 30 single women. Cathy McGuinness presents. Last in the series

9.00 **The Jonathan Ross Show** Celebrity interviews

10.00 **ITV News** Weather

11.00 **Film: The Gauntlet** (1977) Action adventure starring Clint Eastwood

1.05 Jackpot247 **2.00** In Plain Sight (R) **3.45** ITV Nightscreen

CHANNEL 4

6.00 Sa5 Mat. (R) **6.10** The Hotties (R) **6.35** The Hotties (R) **7.00** Will & Grace (R) **7.25** Freespirits on 4. **7.55** The Mentalist Line. **8.55** Everybody Loves Raymond. (R) **9.20** Everybody Loves Raymond. (R) **9.50** Frasier. (R) **10.20** Frasier (R) **10.50** The Big Bang Theory (R) **11.20** The Big Bang Theory (R) **11.45** The Simpsons. (R) **12.10** The Simpsons. (R) **12.40** Secret Millionaire Ireland (R) **1.45** Channel 4 Racing. **4.15** Come Dine with Me. (R) **4.25** Come Dine with Me. (R) **5.05** Come Dine with Me (R) **5.40** Come Dine with Me. (R)

6.10 **Come Dine with Me** Rose Reverica hosts the local dinner party in Portsmouth (R)

5.40 **Channel 4 News**

6.55 **4thought tv**

7.00 **The Queen's Mother in Law** The story of Prince Philip's mother Princess Alice, a great-granddaughter of Queen Victoria who followed her bank on royal life to work with the poor in Greece (R)

8.00 **Kevin McCloud's Man Made Home** The Grand Designs presenter finds a man who framed cab o nising recycled materials, aiming to create a retreat where he can get away from the rat race (R)

9.00 **Film Terminator Salvation** (2009) In the future resistance fighter John Connor leads a war against the deadly robots that have taken over the world. Sci-fi thriller sequel with Christian Bale and Sam Worthington

11.10 **Film: Firing Sun** (1993) Thriller starring Sean Connery and Wesley Snipes.

1.35 Southland **2.15** Hollyoaks (R) **4.20** Deal or No Deal (R) **5.15** Countdown (R)

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Samurai (R) **10.30** Batman: The Brave and the Bold. **11.10** Looney Tunes (R) **11.20** Looney Tunes (R) **11.25** Mighty Jam (R) **11.26** Mighty Lin (R) **11.56** Pollen Interceptors (R) **12.55 Film:** I Dream of Manie (2006) **2.40 Film:** Comma Comica. (1964) **4.15** 5 News Weekend **5.10** Film: Columbo: Ransom for a Dead Man. (1971)

6.55 **CSI: NY.** Mac tells Hawk about the persecution anonymous calls he is receiving, and the team investigates a string of audacious robberies carried out by monks equipped with hi-tech gadgetry (R)

7.00 **NCIS** Ducky is attacked by a knife-wielding woman who accuses him of war crimes; Gibbs gets his brother in Afghanistan in the early 1980s. Starring David McCallum (R)

8.35 **NCIS** The agents investigate the private life of a Navy captain whose actions may have led to his death; while McGee finds a love interest on the internet (R)

9.30 **Law & Order: Special Victims Unit.** Benson and Stabler are called upon to investigate when a man contacts the police after discovering a dead woman in his bed

10.25 **Law & Order: Criminal Intent**

11.25 **CSI: Crime Scene Investigation** (R)

12.15 SuperCasino **4.00** Homeshoppers (R) **4.25** Divine Designs (R) **4.50** Rough Guide To. (R) **5.00** Hands Helpline. (R) **5.15** The Milkshakin' Show (R) **5.40** Thomas & Friends. (R) **5.50** Rosey the Racing Car (R)

DIGITAL

BBC Three
7.00 Mnrim7 **7.45** Doctor Who **8.30 Film:** National Treasure. Book of Secrets (2007) **10.30** World's Craziest Fools **11.00** Family Guy **11.45** American Dad!

BBC Four
7.00 Britain's Natural World **8.00** Beowgnn! From Sri Nnnn's St Kilda's **9.00** Spiral 4. Stalin of Terror **10.45** The Joy of the Single **11.45** Country at the BBC

ITV2
3.35 Film: Toy Story 2 (1999) **5.20 Film:** Mr Bean's Holiday (2007) **7.20 Film:** Jurassic Park (1993) **9.00** Take Me Out – The Gossip **10.50** Fake Reaction **11.40 Film:** Gremlins (1984)

ITV3
1.55 A Touch of Frost **4.00 Film:** Carry On Girls (1973) **5.00** Agatha Christie's Marple **7.00** Rosemary & Thyme **9.00** Midsomer Murders **11.00 Film:** The Pianist (2002)

ITV4
3.10 Film: The Untamed Glass (1947) **5.00 Film:** Any Idea's a Goodfighter (1964) **7.00** TT Legends **7.30** GT Academy **8.00** Tim Sweeney **9.00** River Monsters. Lethal Legends **10.00 Film:** Raging Bull (1980)

E4
3.30 Aries of Engagement **6.00** The Big Bang Theory **7.00** Happy Endings **8.00** How I Met Your Mother **8.30** 2 Broke Girls **9.00 Film:** Beverly Hills Cop II (1987) **11.05** The Big Bang Theory

Film4
2.00 Speed 2: Cruise Control (1997) **5.10** Nacho Libre (2006) **6.55** America's Sweethearts (2001) **8.00** Thn Runaways (2010) Premiere. Biopic of the 1970s rock band starring Kristen Stewart and Dakota Fanning **11.05** Dog Soldiers (2002)

SUNDAY'S TV 24.02.13

CHOICE

Yotam Ottolenghi

Ottolenghi's Mediterranean Feast
Channel 4, 7pm
Okay so we don't really need any more culinary programmes hogging the schedules – it's a big enough head-scratcher trying to choose between the crop of TV chefs already on offer. However you'll probably join us in making an exception for this particular one – even if it is only because he's getting us out and about to various idyllic destinations. First up in his exploration of the Mediterranean's cuisine, Yotam heads to Marrakech, Morocco where he learns about the city's street food and dines at Jemaa El Fna square.

BBC1

6.00 Breakfast **7.35** Match of the Day (R) **9.00** Thn Andrew Marr Show **10.00** The Big Questions. **11.00** Countryfile (R) **11.55** Weather for the Week Ahead **12.00** BBC News **12.05** Bargain Hunt. **12.25** Call the Midwife (R) **1.30** Live Six Nations Rugby Union **4.00** Escape to thn Country **4.30** Songs of Praise. **5.00** Penguins – Spy in the Huddle (R)

6.00 **Deadly 60 on a Mission.** New series. Steve Backshall continues his quest to encounter the world's 60 deadliest animals, heading to South Africa in search of great white sharks, cheetahs and venomous snakes

6.35 **BBC News** Regional News; Weather

7.00 **Countryfile** Matt Baker and Julia Bradbury explore Bristol. Tom Heap investigates some associated with illegally produced meat and Adam Henson finds out how a breed of cow is being preserved. Inninding Weather for the Week Ahead

8.00 **Call the Midwife** Jenny tries to reconcile a dying man with his only remaining daughter while Dr Turner and the midwives carry out a mass screening for tuberculosis in Poplar

9.00 **Ripper Street** Jackson is accused of being thn Ripper and faces the death penalty while Reid investigates the disappearance/kidnapping of Rose. Last in the series

10.00 **BBC News** Regional News; Weather

10.25 **Match of the Day 2.**

11.25 **Thn League Cup Show**

12.05 **The Apprentnnn USA.** **1.00** Weatherview **1.35** BBC News

BBC2

8.00 Close. **6.20** **Film:** Once Upon a Honeymoon (1942) **8.15** Life in a Cottage Garden with Carol Klein **8.45** A to Z of TV Gardening **9.30** Saturday Kitchen Best Bites. **11.00** Live Cycling: World Track Championships. **2.00** Eat Endives. (R) **4.00** The Living Thing. **4.30** Ring It. (R) **5.15** Masterchef Junior. (R)

6.15 **Food & Drink** Jon Tanaka helps create the perfect burger (R)

6.45 **Sir Sunday.** Graham Bell presents highlights of the womens coverage at the World Cyclo-cross in Montlhel France, which Ed Clegh reports on for a mnn still yet to appreciate that Lass in Swiss Jann

7.30 **Open All Hours.** Granville is left-nthnngs at the shop (R)

8.00 **Top Gear** Jnnmy Clarkson and the Stig transform a design a vehicle for elderly people. James May puts acqua-steal with the latest Range Rover and James McAvoy drives thn Rosenaugh Sport Car

9.00 **Wonders of the** Professor Brian Cox considers what makes Earth a home for life and asks what ingred ants were necessary to transform this once barren planet. Last in the series

10.40 **Dancing on the Edge** Stanley is mafte editor of Mnsin Express (R)

11.35 **Six Nations Rugby Union.** Highlights of the third weekend of thin year's nnmpinnon

11.50 **Film: 10 Rillington Place** (1971) Fact based thriller starring Richard Attenborough

1.40 Sign Zone Hefty City (R) **2.40** Ring Fifteen (R) **3.05** China

ITV

6.00 ITV Handy Manny 6.10 Handy Manny 6.25 **The Hive** (R) **6.36** The Hive (R) **6.45** Dino Dan (R) **7.00** Dino Dan. (R) **7.10** Cashmals. (R) **7.20** Cashmals. (R) **7.25** Bookaboo **7.40** Matt Hatter Chronicles. (R) **8.05** Rated: A for Awesome **8.15** Tabor A.I.C. Awesome **8.30** Almost Naked Animals (R) **8.45** Almost Naked Animals (R) **9.00** The Aquabats Super Show **9.25** ITV News **9.30** The Jeremy Kyle Show **USA. 10.25** Murder She Wrote (R) **11.25** Dickinson's Real Deal (R) **12.25** ITV News. Weather. **12.30** Film: Carry On Henry (1971) **2.15** Lost Martin (R) **2.15** Agatha Christie's Marple (R) **5.15** Yan'vn Sens Framed (R) **5.45** Regional Programme. Weather

6.00 **ITV News.** Weather

6.15 **Dancing on Ice** The five remaining skaters get to grips with progress in their routines as they battle to win places in next week's semi final. Phillip Schofield and Christine Bleakley present. The results run at 8.30pm

7.00 **All Star Family Fortunes.** With Nicola Adams and Michael Vaughan

8.30 **Dancing on Ice. The Skate Off** The two lowest scoring couples battle it out.

9.00 **Mr Selfridge** The Woolworths present Harry with seven tough competitors

10.00 **ITV News at Ten** Weather

10.15 **Hrr Majesty's Prison – Aylesnnry** Two part documentary about life at the young offenders institution.

11.15 **Premiership Rugby Union**

12.15 The Storm **2.15** Monk. (R) **3.00** ITV Nightscreen **5.00** The Jeremy Kyle Show (R)

CHANNEL 4

6.20 The Hotties. (R) **6.45** The Hotties. (R) **7.10** Will & Grace (R) **7.35** Everybody Loves Raymond. (R) **8.00** Everybody Loves Raymond. (R) **8.30** Frasier. (R) **9.00** Frasier (R) **9.30** Sunday Brunch **12.10** The Big Bang Theory (R) **12.40** The Big Bang Theory (R) **1.10** The Simpsons (R) **2.10 Film:** The Wedding Planner (2001) **4.20** Time Team **5.20** Deal or No Deal.

6.25 **Channel 4 News.**

6.00 **The Political Slot.** The Green Party's Natalie Bennett and Will Dockerwith discuss unemployment

6.55 **4thought tv** A rabbi with two ex-British Jews shanks learn from immigrants of other faiths

7.00 **Ottolenghi's Mediterranean Feast** New series. Chef Yotam Ottolenghi travels the southern and eastern Mediterranean to explore his cuisine. He begins his journey in Marrakech, tasting the Moroccan city's street food

8.00 **A Great British Air Disaster** The rise and fall of the De Havilland Comet

9.00 **Film: Unstoppable** (2010) Premiere. Two train operators must stop a runaway locomotive carrying toxin chemicals before it crashes. Thriller starring Denzel Washington

10.50 **Film: Runaway Jury** (2003) Courtroom thriller, starring John Cusack and Gene Hackman

1.10 Chris Addison: My Funniest Year (R) **2.00** Dennis: Brian Gittins (R) **2.30** Eating In Time (R) **3.35** St Elsewhere (R) **4.20** Deal or No Deal (R) **5.15** Countdown (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. **6.05** Rosey the Racing Car (R) **6.15** Fifi and the Flowertots (R) **6.25** Bert and Ernie's Great Adventures (R) **6.30** The Mr Men Show (R) **6.45** Olive the Ostrich (R) **6.50** Alfie's Flying Fury Scrapes (R) **7.00** Rainbow and Costa (R) **7.10** Bananas in Pyjamas (R) **7.20** Animal Antics (R) **7.30** Make Way for Noddy (R) **7.40** City of Friends (R) **7.50** Little Princess (R) **8.05** The Adventures of Bunk Nil and His Best Friend C. Jay (R) **8.20** Mio Mao (R) **8.25** Angelina Ballerina (R) **8.45** Ruben Bear (R) **9.00** Ben and Holly's Little Kingdom (R) **9.15** Tofu's Travelling Circus **9.30** Rosey the Racing Car (R) **9.45** Jolly Jamm (R) **10.00** Power Rangers Samurai (R) **10.35** Batman: The Brave and the Bold. **11.10** Disney Sharks Bann Sandy. (R) **11.15** Looney Tunes (R) **11.20** Once Upon a Time (R) **12.15** Doctors Double Bills. (R) **1.20 Film:** Wrong Place Spongebone with Rec (2004) **2.35 Film:** Stuart Little 2. (2002) **4.00 Film:** To Hell and Back. (1955)

6.10 **Deal or No Deal**

7.00 **Film: Mosquito Squadron** (1969) Second World War drama, starring David McCallum

8.55 **5 News Weekend**

9.00 **Person of Interest** Reese infiltrates a smuggling ring

10.00 **Film: Saw: The Final Chapter** Premiere. Horror sequel, starring Costas Mandylor (2010)

11.90 **The Exorcist: The True Story** (R)

12.00 SuperCasino **4.00** Homeshoppers (R) **4.25** Divine Designs (R) **4.00** Rough Guide To (R) **5.55** Hands Helpline (R) **5.15** The Milkshakin' Show (R) **5.40** Thomas & Friends. (R) **5.50** Rosey the Racing Car (R)

DIGITAL

BBC Three
7.00 Let's Dance for Comic Relief **8.10 Film:** Prince of Persia: The Sands of Time (2010) **10.00** Bang Himnan **11.00** People Like Us

BBC Four
7.00 The Story of British Rathe **8.00** WHAAM! Roy Lichtenstein at the Tate Modn n **9.00** Mallnns in the Desert. Raids to Dakar Rally **10.00** Timeshift: Every Body Was Kung Fu Fighting – Thn Rise of Martial Artn m Britain **11.00** The Swing Thing

ITV2
3.25 Take Me Out **4.55** Take Me Out – The Gossip **5.55 Film:** Babe (1995) **7.45 Film:** Ocean's Eleven (2001) **10.00** The Only Way Is Essex **11.00 Film:** Thn Grudge (2004)

ITV2
3.40 Film: Forever Young (1992) **5.45** Murder She Wrote **8.40** Agatha Christie's Poirot **9.55** An Audience with Cliff Richard **10.00 Film:** Elizabeth: The Golden Age (2007)

ITV4
3.25 Film: Mornng Departure (1950) **5.45 Film:** Whnnee's Clue (1996) **8.00** Femersh's Enjoy Un-un **9.00 Film:** Blnes Brothers 2000 (1998) **11.20 Film:** The Big Lebowski (1998)

E4
5.00 Revenge **6.00** Thn Big Bang Theory **7.00** New Girl **9.00 Film:** Edward Scissorhands (1990) **11.05** Rude Tnthe **11.00** My Mad Fat Diary

Film4
2.55 Explorers (1985) **5.00** Inkheart (2008) **7.10** My Super Ex Girlfriend (2006) **9.00** High Crimes (2002) A lead ng attorney fights to prove her husband s innocence after the military accuse him of killing villagers in El Salvador. Thriller starring Ashley Judd **11.15** Blend and Chocolate (2007)

Monday

BBC1 5.00 Breakfast. 9.15 Operation Hospital Food. 10.00 Homes Under the Hammer (R) BBC News Weather. 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Only Fools and Horses. 3.15 Perfection. 4.00 Escape to the Country. 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programme. 7.00 The One Show. 7.30 Inside Out: BBC News, Regional News. 8.00 EastEnders. 8.30 America's Gun Addiction - Panorama. 9.00 Penguins Spy in the Huddle. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Living Eileen. 11.05 Have I Got Old News for You (R). 11.35 The Graham Norton Show (R). 12.20 The Apprentice USA. 1.05 Weatherview. 1.05 BBC News.

BBC2 5.00 Close. 6.00 Homes Under the Hammer. (R) 7.10 Saints and Scroungers (R) 7.55 Britain's Empty Homes Revisited. (R) 8.25 Sign Zone Show Me the Monet. (R) 9.10 Great British Menu (R) 9.40 Countryfile (R) 10.35 Click. 11.00 BBC News Weather. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 Six Nations Rugby Union (R) 2.15 Coast. 2.20 Classic Mastermind (R) 2.50 Britain's Heritage Heroes (R) 3.20 Great British Food Revival (R) 4.20 The Living Planet. (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 University Challenge. 8.30 Food & Drink. 9.00 Dancing on the Edge. 10.30 Newsnight. Weather. 11.35 Wonders of Life (R) 12.35 Sign Zone Film 2015 (R) 1.00 Who Do You Think You Are? (R) 2.05 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 9.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 8.30 Coronation Street. 9.00 Her Majesty's Prison: Aylesbury. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 The Agenda. 11.05 Mrinal. (R) 12.00 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs (R) 8.35 The Hoobs. (R) 7.00 According to Jim (R) 7.25 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. (R) 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me (R) 12.35 Weat's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four n a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtly. 8.00 Britain on Benefits: Channel 4 Dispatches. 9.30 Wild Things. 9.00 Embarrassing Bodies. 10.00 Black Mirror. 11.05 My Sexual Network Stalker. (R) 12.15 Random Acts. 12.20 The Shooting Gallery. 1.15 Scandal. 1.55 Get Your House in Order. (R) 2.50 The Renovation Game. (R) 3.45 How to Look Good Naked. (R) 4.40 Deal or No Deal. (R) 5.35 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Dirty Great Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film Ladies of the House (2008) Drama starring Pam Ortiz. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Beat the Ancestors. (R) 8 News Update. 8.00 Police Interceptors: 5 News at 9. 9.00 Robson's Extreme Fishing Challenge. 10.00 Horsemeat & Other Food Shockers. 11.00 Film: Striking Distance. (1993) Police thriller starring Bruce Willis. 12.50 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 5.00 Breakfast. 9.15 Operation Hospital Food. 10.00 Homes Under the Hammer (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Only Fools and Horses. 2.45 Perfection. 3.30 Escape to the Country. 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders: BBC News Regional News. 8.00 Holby City. 9.00 Death in Paradise. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 My New Hair. 11.35 Wish On You Think You Are? (R) 12.15 Film Then She Found Me (2007) Comedy drama starring Helen Hunt. 1.50 Weatherview. 1.55 BBC News.

BBC2 6.00 Close. 6.05 Homes Under the Hammer. (R) 7.05 Saints and Scroungers. (R) 7.50 Britain's Empty Homes Revisited. (R) 8.20 Sign Zone Show Me the Monet. (R) 9.05 Great British Menu. (R) 9.35 Grand Otters of the Amazon. National World. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 The Super League Show. 2.15 Coast. (R) 2.20 Classic Mastermind. (R) 2.50 Britain's Heritage Heroes. (R) 3.20 Great British Food Revival. (R) 4.20 The Living Planet. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 University Challenge. 8.30 Food & Drink. 9.00 Dancing on the Edge. 10.30 Newsnight. Weather. 11.35 Wonders of Life. (R) 12.35 Sign Zone Film 2015 (R) 1.00 Who Do You Think You Are? (R) 2.05 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.00 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live FA Cup Football. A fifth round replay (Kick-off TBA) 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 FA Cup Football Highlights. 11.40 Piers Morgan's Life Stories: Esther Rantzen. (R) 12.35 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire USA. (R) 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weat's Cooking? 1.45 A Place in the Sun. Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four n a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtly. 8.00 Britain on Benefits: Channel 4 Dispatches. 9.30 Wild Things. 9.00 Embarrassing Bodies. 10.00 Black Mirror. 11.05 My Sexual Network Stalker. (R) 12.15 Random Acts. 12.20 The Shooting Gallery. 1.15 Scandal. 1.55 Get Your House in Order. (R) 2.50 The Renovation Game. (R) 3.45 How to Look Good Naked. (R) 4.40 Deal or No Deal. (R) 5.35 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Dirty Great Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film Ladies of the House (2008) Drama starring Pam Ortiz. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Beat the Ancestors. (R) 8 News Update. 8.00 Police Interceptors: 5 News at 9. 9.00 Robson's Extreme Fishing Challenge. 10.00 Horsemeat & Other Food Shockers. 11.00 Film: Striking Distance. (1993) Police thriller starring Bruce Willis. 12.50 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 5.00 Breakfast. 9.15 Operation Hospital Food. 10.00 Homes Under the Hammer (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited. BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.10 Only Fools and Horses. 3.00 Perfection. 3.45 Escape to the Country. 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Political Broadcast. (R) 7.00 The One Show. BBC News Regional News. 8.00 Holiday Hit Squad. 9.00 Child of Our Time. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Film 2013. 11.40 Film The Mothman Prophecies (2002) Supernatural thriller starring Richard Gere. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Saints and Scroungers. (R) 7.45 Britain's Empty Homes Revisited. (R) 8.15 Sign Zone Show Me the Monet. (R) 9.00 Great British Menu. (R) 9.30 Frank's Cure. (R) 10.00 Who Do You Think You Are? (R) 10.50 Sex Hour. 11.00 BBC News. 11.30 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 Britain's Heritage Heroes. (R) 3.15 Great British Food Revival. (R) 4.15 The Living Planet. (R) 5.10 Vintage Antiques Roadshow. (R) 5.55 Party Political Broadcast. 6.00 Eggheads. 6.20 Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 The Hairy Bikers Everyday Gourmets. 8.30 MasterChef: The Professionals Uncovered. 10.00 The Mormons Are Here! A Culture Show Special. 10.30 Newsnight. Weather. 11.20 The Railway: Keeping Britain on Track. (R) 12.20 Sign Zone. See Hear. (R) 12.50 World's Most Dangerous Roads. (R) 1.56 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Wild Britain with Ray Mears. 9.00 Part Time Britain. Tonight. 10.00 Emmerdale. 10.30 Nursing the Nation. 9.00 The Wedding Shop. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Prem Rumours with Love. 11.35 Satan Vet School. (R) 12.05 Jackpot247. 2.45 Film King Kong (1976) 5.00 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 Sail Mail. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire USA. (R) 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weat's Cooking? 1.45 A Place in the Sun. Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four n a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtly. 8.00 Britain on Benefits: Channel 4 Dispatches. 9.30 Wild Things. 9.00 Embarrassing Bodies. 10.00 Black Mirror. 11.05 My Sexual Network Stalker. (R) 12.15 Random Acts. 12.20 The Shooting Gallery. 1.15 Scandal. 1.55 Get Your House in Order. (R) 2.50 The Renovation Game. (R) 3.45 How to Look Good Naked. (R) 4.40 Deal or No Deal. (R) 5.35 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Dirty Great Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film The Tenth Circle. (2008) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Rebecca's Extreme Fishing Challenge. (R) 8 News Update. 8.00 Myra Hindley: Born to Kill? (R) 9 News at 9. 9.00 NCIS. 10.00 Law & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.50 True Crimes. The Fire. 72 Hours. 1.15 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 5.00 Breakfast. 9.15 Operation Hospital Food. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.10 Only Fools and Horses. 3.00 Perfection. 3.45 Escape to the Country. 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders: BBC News. Regional News. 8.00 Waterloo Road. 9.00 Child of Our Time. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Question Time. 11.35 The Week. 12.20 Strictly Weatherview. 12.25 BBC News.

BBC2 5.00 Close. 6.05 Homes Under the Hammer. (R) 7.05 Saints and Scroungers. (R) 7.50 Britain's Empty Homes Revisited. (R) 8.20 Sign Zone Show Me the Monet. (R) 9.05 Great British Menu. (R) 9.35 Great British Menu. (R) 10.05 Reboot. Raided. Reunited. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show. (R) 2.00 Coast. (R) 2.20 Classic Mastermind. (R) 2.30 Britain's Heritage Heroes. (R) 3.20 Great British Food Revival. (R) 4.20 The Living Planet. (R) 5.15 Vintage Antiques Roadshow. (R) Flog It! Trade Secrets. 7.30 Great British Menu. 8.00 The Chelsea Chicken's Weekly Wipe. 10.30 Newsnight. Weather. 11.20 Winterwatch 1963 – The Big Freeze. 12.20 The Mormons Are Here! A Culture Show Special. (R) 12.50 Sign Zone America's Gun Addiction – Panorama. (R) 1.20 Close. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.00 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Wild Britain with Ray Mears. 9.00 Part Time Britain. Tonight. 10.00 Emmerdale. 10.30 Nursing the Nation. 9.00 The Wedding Shop. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Jonathan Ross Show. (R) 11.35 Grimefighters. (R) 12.05 Jackpot247. 3.05 Part Time Britain. Tonight. (R) 3.20 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire USA. (R) 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weat's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four n a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtly. 8.00 Britain's Seine Shoppers. 9.00 Hughs Fish Fight: Save Our Seas. 10.00 Bank of Dave: Fighting the Fat Cats. 11.05 Random Acts. 11.10 Embarrassing Bodies. (R) 12.15 Freaky Sleepers. (R) 1.10 A Great British Air Disaster. (R) Film Woman on Bonaflis. (R) 2.35 Time Team. (R) 3.30 Wild Things. (R) The Real Story. (R) 4.25 Deal or No Deal. (R) 5.20 Countdown.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Dirty Great Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film The Menalist. (R) 3.15 Disney Sports: Toplist at Mickey. (R) 3.20 Film Knocked Down. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Horsemeat & Other Food Shockers. (R) 5 News Update. 8.00 The Schoolboy Assassin. 5 News at 9. 9.00 Jack Taylor: The Pilgrimage. 10.55 Law & Order: Special Victims Unit. (R) 11.50 Inside Hollywood. 2013. 12.00 SuperCasino. 4.00 House Doctor. 4.45 Michaela's Wild Challenge. (R)

Friday

BBC1 5.00 Breakfast. 9.15 Operation Hospital Food. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited. BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. 3.45 Escape to the Country. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 Mary and Martha. 10.00 BBC News. 10.20 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.20 Film Armageddon. (1998) Sci-fi thriller starring Bruce Willis. 1.45 Weatherview. 1.50 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.00 Saints and Scroungers. (R) 7.45 Britain's Empty Homes Revisited. (R) 8.15 Sign Zone Show Me the Monet. (R) 9.00 Live Athletics: The European Indoor Championships. 12.00 Daily Politics. 1.00 The One Show. (R) 1.30 Weakest Link. (R) 2.15 Classic Mastermind. (R) 2.45 Britain's Heritage Heroes. (R) 3.15 Rachel Allen Bake. (R) 3.40 Live Athletics: The European Indoor Championships. 7.00 Coast. 7.30 Great British Menu. 8.00 Newsnight. 8.30 Sex, Sin and Wild Arabia. 10.00 QI. (R) 10.30 Newsnight. 11.00 The Review Show. 11.45 Weather. 11.50 Film: They Shoot Horses, Don't They? (1969) 1.45 Sign Zone: Question Time. (R) 2.45 Close.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Wild Britain with Ray Mears. 9.00 Coronation Street. 9.30 Celebrity Juice. 10.30 Lorraine Kelly. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film: Gladiator. (2000) Oscar-winning Roman epic, starring Russell Crowe. 1.20 Jackpot247. 2.00 Film: Thad's Carry On. (1971) Compilation from the long-running series. 4.30 ITV Nightscreen.

Channel 4 6.05 Sail Mail. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire USA. (R) 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News: Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weat's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four n a Bed. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtly. 8.00 Come Dine with Me. 9.00 Sunday Supplement. 10.00 Channel 4 News. 10.30 The Common Denominator. 11.00 Deal or No Deal. 12.00 Four n a Bed. 12.30 Come Dine with Me. 1.30 The Simpsons. (R) 2.00 Hollyoaks. 2.30 Channel 4 News. 2.55 #thoughtly. 3.00 Come Dine with Me. 4.00 Deal or No Deal. 5.00 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Dirty Great Machines. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Persons of Interest. Crime drama. (R) 3.15 Film: Love's Resounding Courage. (2011) Western starring Wes Brown. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Police Interceptors. (R) 5 News Update. 8.00 Ice Road Truckers. 5 News at 9. 9.00 The Menalist. Crime drama. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 Inside Hollywood. 12.00 SuperCasino. 4.00 Motorsport Mondial. 4.25 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Chichester HERALD
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Quick-fix cooks - young professionals live on mock-meals

MILLIONS of busy young professionals cook just once a week and survive the rest of the time on quick fix meals such as beans on toast, scrambled eggs and instant noodles, research has shown. A study of employees aged 18 to 30 shows many are too busy to produce daily culinary delights, so instead whip up dishes like pizza, pasta and pasta, soup, stir fry, burgers and cheese on toast.

One in four of those polled even admitted to regularly having a bowl of cereal in place of a proper meal, purely because they can't be bothered to do anything else.

The findings also suggested at least one meal a week will be eaten on the bus, train or in a fast food restaurant on the way home from work.

Geoff Cormack, spokesman for Harbour Salmon Co. Infusions, which conducted the study of 950 young professionals said: "Young professionals who are totally committed to work – and who don't have a family to go home to – are likely to view food as something to keep them going rather than an enjoyable part of the day.

"The study indicates that workers are too busy, too stressed and too side tracked to give a decent amount of time or thought to what they will eat for their evening meal.

"As such, workers are opting for quick fix meals which are fast to prepare, and take little effort.

"Unfortunately this can mean that some of the meals Brits are choosing to eat – such as pies, chips and pizza are on the unhealthy side. But there are quick, healthy and stress free alternatives."

The survey shows young professionals will regularly consume short cut meals such as sausage and chips, ham, egg and chips, and pie and chips.

Toasties, chicken nuggets, and fishfinger sandwiches also form a staple part of the young working professionals diet.

Busy Brits who work long hours will eat at least two evening meals from a packet or jar each week, while opting for a meal out at least once a week.

But eight in 10 admit they would try to cook from scratch more often if they arrived home from work at a decent time – and most workers rarely walk through the front door before 7pm.

Two thirds admit that by the time they do get home they are so exhausted from the day they simply can't find the energy to do anything more than switch on the microwave or oven.

Just over half of those polled admit that sometimes they get home from work so late they have gone past the point of a big meal and prefer to snack instead.

Indeed, research indicates that in an average week, a quarter of workers will only manage to eat three meals a day once or twice, while one in 10 will never eat breakfast, lunch and dinner.

Six in 10 professionals claim it costs too much to cook from scratch every night, and as a consequence four in 10 opt for microwave meals up to three times a week.

Geoff Cormack continues: "It can be really tricky for people in full time work including young professionals to make time to cook and stay healthy.

"And even if they do have the time and inclination lots of people are unsure or uncomfortable cooking fish. But there are ways to whip up nutritious meals in literally minutes without any stress or mess."

Top 20 'quick fix' meals
1 Pizza
2 Jacket potato
3. Stir fry
4. Pasta and pesto
5 Soup
6 Beans on toast
7 Scrambled eggs
8 Omelette
9. A bowl of cereal
10 Stuffed pasta
11. Cheese on toast
12 Sausage and chips
13 Instant noodles
14 Toasties
15 Pie and chips
16 Burger and chips
17 Chicken nuggets and chips
18 Fishfinger sandwich
19 Burger in a bun
20 Ham, egg and chips

Al-desko dining - millions of workers eat three meals a day at their desk

MILLIONS of office workers work such long hours they eat three meals a day at their desks, it has been revealed. Researchers found the mad dash to get to work in the morning means millions of us grab something from the fridge and take it to work to eat on arrival.

While lunchtime sees many pop out to buy lunch before hurrying back to work to stay on top of the to-do list.

Incredibly the study also found many work such long hours they find themselves struck by hunger at 5pm and seek fuel to keep them going into the evening with a third meal at work.

This eating habit, combined with increased levels of snacking, means the average person puts an almost a stone to the first year of office work, with 11lbs the average weight gain.

The research, which was commissioned by Wonderful Pistachios ahead of World Pistachio Day on February 26 2013, found half of respondents ate both breakfast and lunch at their desks, while one in ten even eat all three meals in front of their computer.

A sorry seven in ten admit to going to work with good intentions, only to succumb to the office vending machine or temptations provided by co-workers.

In fact the average British worker doesn't even make it an hour before tucking into their first snack, with 9.58am the time most cave in.

A spokesman for Wonderful Pistachios said: "Many people struggle to manage a demanding work life with a good nutritional diet and inevitably the latter ends up suffering.

"Workplace conversation about food, boredom and a constant flow of treats brought in by colleagues all combine to easily knock people off the healthy eating path.

"Being prepared for the 10.00 am craving with healthy snacks brought in from home will help keep those unwelcome pounds away."

One in seven said their co-workers seem to talk about food all the time, while the average person experiences 23 minutes of food related chatter each and every day (and only 10% never talk about food at work).

Despite an abundance of good intentions, 45% lack control and eat far more than they feel they should at work.

More than half of office workers like to bring in snacks from home, but other colleagues heeding out the goodies proves too tempting for one in three.

While one in five regularly succumb to the temptations of the vending machines at work.

One in seven workers even describe snacking as the absolute highlight of their day, and a fifth admit they buy snacks at work to gain popularity within the workplace.

Majority of UK adults think it is possible they have eaten horse meat

AS THE HORSEMEAT scandal continues to worsen, Usurv asked 1,000 people in the UK about their attitudes to packaged meat, fast food restaurants and whether they may have inadvertently eaten horse meat already.

A massive 63% believe it is possible that they have eaten horse meat. "In a country where many people think this is abhorrent this is clearly going to impact peoples behaviour" said Guy Potter Director of Usurv. "Trust has been eroded in so many aspects of life, MP's, Journalists and Bankers now it seems even food can't be trusted."

The survey revealed that Burgers are likely to suffer the greatest impact, with 35% of people claiming they will eat less of them. The Great British sausage is likely also to suffer with one in five in the UK likely to shun them in their fry up.

Those under 30 are the least likely to have their shopping habits changed. Two thirds (66%) claim their "purchasing habits will not change" this compared to 54% of the over 40's.

Though there has not been any suggestion that horse meat has got into the fast food chain it looks like they will not be immune to the fallout either. Over four out of ten claim they will visit fast food restaurants less. "The impact of this scandal is far reaching and it looks like even those who have always served 100% beef are not going to escape the impact" Potter went on to say.

This scandal is dissimilar to other recent scandals in that it affects a huge proportion of UK consumers who are likely to vote with their wallets. There will be winners and losers, but it is safe to say anyone who sells or uses processed meat will now be considering their PR options.

1,000 UK adults aged 18+ were interviewed on 13th February 2013 by online polling firm Usurv.

the ship chichester MENU

TODAY

all at £12.50

Monday • Chilli Con Carne
Tuesday • Beef and Mushroom Stroganoff
Wednesday • Coq au Vin
Thursday • Wild Boar Sausages and Mash
Friday • Plaice Meuniere
Saturday • Cajun Chicken Burger
Sunday • Roast Sirloin of Beef

Please see other daily dishes on our blackboards

SHARERS

The Ship's Plank — £25 for 2

Smoked trout crumble cola baked chicken wings potted venison with prune chutney, mini burgers, king prawn cocktail, parmesan straws buck rarebit chilli con carne and sour cream hand cut chips red cabbage sauerkraut soup shot bread board olive oil and balsamic vinegar

Vegetarian Plank (V) — £20 for 2

Tempura oyster mushrooms with saffron aioli buck rarebit vegetable chilli and sour cream hand cut chips feta stuffed bell peppers parmesan straws broccoli chilli and pine nut salad soup shot red cabbage sauerkraut bread board olive oil and balsamic vinegar

Whole baked Camembert truffle oil (V) — £9.95 for 2
cumberland sauce & breads

Chestnut Tree House Restaurant Challenge

At this important time of the year we are aiming to again raise a substantial amount for our local children's hospice, Chestnut Tree House. We hope you will wish to help us to support this amazing organisation. Today we would like to add an optional £1 to your bill. 100% of this donation will go directly to the hospice. Thank you in advance for you kind donation

Chestnut Tree House
Children's Hospice Care

STARTERS

Soup of the Day (V)	£4.95
Smoked trout crumble	£5.95
Potted venison Cumberland sauce pumpkin seed bread	£6.50
Grilled sardines garlic butter	£6.25
Black pudding croquette Poached egg and prune chutney	£5.95
King prawn and salmon cocktail	£7.25
Grilled goats cheese (V) Micro herb salad creamed oyster mushroom	£6.25
Seared scallops spinach puree Parmesan and pancetta crisps	£7.95/£15.50

MAIN COURSES

Vegetarian Dishes (V)

Trio of Chicken poached drumstick, sauteed breast, fried oyster cut, asparagus and potato cream	£14.50
	£12.50
Seafarers fish and chips, peas and tartare sauce	£14.25
Fennel seed rolled pork fillet, maple glazed pears	£11.95
ek topping (V)	£3.15

'I have to say the food is EXCELLENT, high quality and good value'

'Loads of flavour and good value'

'Really welcoming staff, great food and an excellent night'

'Can't wait to return'

'A little gem in the heart of the city'

'Superb food topped with excellent service'

'Many thanks to everyone for making the evening great'

'The staff could not do enough to please us and the food was 2nd to none'

'I am a regular at the hotel and always find it a fantastic place to go for food and drink'

TRIP ADVISOR 2012/13

DESSERTS

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Engaging proven new multisport program for 2 to 6 year olds "Playball" comes to Chichester

Denise Kelly

ITS HALF TERM, so our attention turns to the children, hence why I feel the need to let everyone know about this fascinating and exciting new programme for toddlers developed in South Africa where my wonderful friend, Colette Pope, originates. She has so much passion for what she does, its infectious and because of her desire to help and her love for children, she has set up a business that runs in both term time and half terms.

Her venture is called Playball and offers a multi skill sports programme, which follows the progression from basic fundamental sports skills, up to mini games of tennis, hockey, cricket, rugby, basketball, baseball and volleyball. I have seen first-hand that the children who attend playball start to display increased confidence and independence and become motivated to succeed learning, persistence and courage to keep trying. It helps them to become more mature with attitude to both winning and handling disappointment, which are very important skills to have throughout life. It gives the child the ability to take part in more than one sport breeding a love for physical activity and sports in general.

Colette is a qualified swimming teacher who has been coaching Playball in the Petersfield area for 4 years taking sessions at local nursery schools and open sessions at the local tennis courts. Having 2 active boys of her own, she has seen the benefits from playball from the exposure of the varied range of sporting skills. In order for children to further their physical development, they must practice the many skills that will ultimately lead to over all balance and coordination. Almost every physical activity in which they participate will offer children the chance to further these skills. A confident child can be more successful and developing a trusting relationship with a child, establishing open communication, and recognising achievements are fundamental. When children know they can do something well, they feel special. This is a skill Colette has in abundance to offer to all the children she teaches!

Come and see for yourself, make it a playdate! As the 1st session is free. Playball will be commencing 1st March 2013, coaching sessions for 2 to 4 year olds, at Chichester Council Tennis Courts every Friday morning, from 10 to 11.30am.

For more information go to www.chichesterchildrensplayballuk.com

Or e-mail Chichester@playball.uk.com

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Cleaning facts…

SPARKLING kitchens look great, but household cleaning products can cause health problems including rashes, wheezing, asthma, headaches, drowsiness and general feelings of being unwell. Certain chemical components in cleaning products can release irritant vapours that can exacerbate asthma symptoms.

The solution

There are lots of natural products that can keep your home clean and smelling fresh. Bicarbonate of soda is fantastic as an abrasive cleaner and also makes a great natural air freshener, mixed with water and a few drops of essential oil. Pop it in a place sprayer and spray it around the room! Vinegar can also be used to clean windows and surfaces – and lemon juice can remove stains from work tops.

First time mums make 16 doctors trips in baby's first year

NERVY first time mums make an average of 16 trips to the doctors in their child's first year, research has shown. Research revealed millions of mums admit panicking and taking baby to the doctors' surgery during their first year, only be to be told they were suffering from minor ailments.

The study revealed as many as one in three mums took the baby to the doctors with what turned out to be a common cold, while others worried themselves into taking their tot to the doctors with what was diagnosed as a cough.

Incredibly, one in ten even dashed to the doctor believing their baby was unconscious – only to be told he or she was sleeping.

The study also found it takes a new mum around six-and-a half months on average to become accustomed to her child's different cries and coughs without panicking on each occasion.

The figures were revealed following a study carried out by leading health and well-being mutual organisation Benenden Health.

Jean Scott of Benenden said: "Being a new mother can be an overwhelming experience and it is natural to feel anxious about the health of your child.

"As a mother myself, I know how daunting this can be and how vital it is to get support during this initial period.

"Often getting professional advice when you feel your child may be unwell can be the only way to put your mind at ease, even if it ultimately turns out only to be a cold."

The report also found that half of mums felt there was a stage they reached where they were able to worry slightly less, but this wasn't until the child reached three-and-a half years of age.

Additionally, two thirds of mums said they made regular checks all through the night to see if their baby was still breathing, and that fear doesn't stop until the child reaches 13.5 months of age on average.

In fact, the average mum didn't receive her first full night's sleep free of worry or without the baby waking until 12 months after giving birth, it emerged.

One in five mums admitted worrying too much, while one third considered their worrying to always be justified.

However, 44% had been made to feel like they were a hypochondriac, or guilty of wasting the doctor or health professional's time.

Those first months of the baby's life passed by in a blur for seven out of ten who were regularly worrying.

While a third confessed there were times they felt they didn't have what it takes to be a mum because of the amount they panicked.

And just as soon as they did get the hang of being a mum, 70% said they felt like they had to go through a whole new set of challenges as their baby became a toddler.

Experience clearly counts, as 45% of those who went on to have a second child said they worried less about getting everything right.

Call to help GPs spot eating disorders

A NATIONAL CHARITY that helps people with eating disorders and their families has today called for changes to be made to the way GPs consult with patients to help them spot those who have anorexia or bulimia.

Anorexia and Bulimia Care (ABC), formed in 1989, says that time limiting doctors to 10 minutes or less per patient is costing lives and making it tougher for them to diagnose and help those with eating disorders.

Latest figures show that 2,290 a year are being admitted to hospitals with eating disorders every year but say many of these admissions could be prevented if doctors were better equipped to spot the warning signs earlier.

Anorexia and Bulimia Care launched its "Change for the Better" campaign as part of Eating Disorders Awareness Week, calling on GPs to take action and recognise the particular difficulties of dealing with people with eating disorders.

Robert Spanner, whose daughter Dr Melanie Spanner, a paediatrician and graduate of Cambridge University died from anorexia in 2011, is leading the campaign to raise awareness amongst doctors.

Mr Spanner said: "GPs need to be prepared in advance to deal with people with eating disorders. For someone with an eating disorder to voluntarily seek help is a huge step. Those who take appointments should make sure they book a double appointment for anyone who seeks a consultation for eating problems.

"We need to build greater understanding from GPs. They need to know where there is help available within the NHS and about charities such as Anorexia and Bulimia Care, who can help not just the sufferer but also their families, who are often confused and find coping with someone with an eating disorder difficult.

"A sufferer has often been pushed into visiting a doctor by a family member and may believe nothing is wrong. If a doctor doesn't have time to explore the issue fully then they will simply find no excuse to not get help. Those with eating disorders often cover up the full extent of their illness.

"People with eating disorders have a mental illness. It is important that GPs know how to speak to someone with anorexia. We have heard of cases where people have been told they are not at a low enough weight to be referred for treatment or where a person with anorexia has been told they look good. Such comments can encourage them to continue with their destructive eating habits."

As a result of ABC's Action Month in November where the Change for the Better campaign was launched in the House of Commons, Robert Spanner has joined ABC in a lobby of parliament this week with senior politicians including Liberal Democrat Teesa Munt MP for Wells, Somerset leading debates in Westminster on how changes can be made to help those with eating disorders.

More information on Eating Disorder Awareness Week and the work of ABC can be found at anorexiabulimiacare.org.uk.

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as part of
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British Heart Foundation

For more information or to book a place please contact
Jess on **01243 534589** or email **jawalker@chichester.gov.uk**

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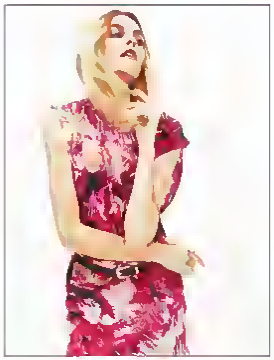

SURVEYS show that the average woman has about 22 garments in her wardrobe that she will never wear but absolutely refuses to throw out.

Shockingly, across the country women spend more than £1.6billion on over 500 million items of unworn clothing. Place them onto a clothes rail and it would stretch 15,534 miles. Think of all that potential outfit space!

Over half of women say that the guilt over wasting money keeps them from throwing out unwanted clothes. To overcome this, you need to have a regular seasonal clear-out allowing you to reassess your wardrobe and make sure that new spring/summer purchases are well thought out and calculated. With new collections looming and the sun making the odd appearance, now is the perfect time to do it.

The following approach allows you to stop the process at any time and resume later, with the least amount of wasted effort.

Create and identify bags for six categories;

- Save
- Alter/Mend
- Maybe (to be revisited at the end)
- Sell
- Charity
- Bin

This clothing cull is going to take time, determination and willpower, so allow yourself two hours or more and don't rush the process. You'll need a full length mirror (to try anybody on), have your hair styled and make up on, wear supporting underwear and grab a bunch of safety pins in case anything needs altering. Now go ahead and be truthful, realistic and honest with your wardrobe!

COMPETITION

To give you a little extra motivation we're offering one lucky winner a

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Lookout for our trend forecast for spring summer 2013 in next week's Herald

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Recycling becomes a "walk in the park"

AN ARTIST has created four of the weirdest mobiles yet, dubbed "Walkie Talkies", to show off what can be done when people recycle their old phones – there are 70 million in the UK and 30 million new handsets are bought annually. The designs, created with O2 Recycle, aim to highlight what can be done with these old handsets, rather than being sent to landfill.

The new phones, created by designer, Sean Miles from iconic footwear that includes a Christian Louboutin heel, a classic man's brogue, a Nike Air trainer and a Hunter Welly, contain old Nokia and LG handsets sent in by O2 Recycle customers who no longer had a use for them.

The Walkie Talkies are "upcycled" by combining recycled handsets and vintage shoes to create fully functional phones that double as pieces of desirable art. Each Walkie Talkie performs exactly as a normal phone would, the keypad being incorporated into the sole of each shoe.

The mobile phone upcycling project – upcycling being the process of converting waste materials or otherwise useless products into a new, desirable item – has been created by O2 Recycle, which pays up to £260 to those who recycle their gadgets.

Designer, Sean Miles, the man behind the designs, said: "I wondered how I could make phones that people might be embarrassed to be seen with into something that would give them a new lease of life – which is what upcycling is all about.

"I hoped that, by turning them into Walkie Talkies, I would raise a smile and perhaps a laugh and create things that people wanted once again. I've been using them while out with friends and they never fail to start a conversation, even when I'm not using them as a phone! I hope that they can get more people talking about the need to recycle old gadgets rather than binning them."

The Walkie Talkies, that are valued at £2500 each, are the first in a range of products that O2 Recycle and Sean are working on together. Miles is currently adding to the range of upcycled products to complete The O2 Recycle Collection which will go on display at an exhibition in March. Visitors will be able to win all the items on show at the show, which will last a week.

The additional items include handbags (so women don't lose their phones in their bags, the bags will be phones) and gloves that have a phone integrated into them.

Bill Eyres, head of O2 Recycle said: "While we may not be able to upcycle every phone that we receive, I hope that this project will prompt a few more of the 30 million people a year who buy a new handset to recycle their old one. You may not end up with a Walkie Talkie of your own, but at the very least you will get some cash in your pocket as we offer a cash sum to all those who recycle gadgets with us.

Topshop and Topman open LA flagship store

TOPSHOP AND TOPMAN have announced the opening of their 30,000 square ft. flagship store, housing both brands across two floors, in a prestigious corner site on First Street and Gilmore Way at the Grove, Los Angeles on February 14th 2013.

With more than 300 new pieces delivered every week, Topshop and Topman stores are unique and unrivalled shopping destinations all over the world, and will bring the coolest British styles and trends to the West Coast, under one roof, for the first time.

Sir Philip Green, CEO of the Arcadia Group, commented: "Los Angeles is a particularly exciting opening for Topshop and Topman. I am confident that we will deliver unique and authoritative British fashion to the many customers who are already fans of the brands, whilst giving many others the chance to try us out for the first time. Rick Caruso, and his team at the Grove, have been more than welcoming and we are very proud of our store, our collections and the Personal Shopping experiences that we offer."

Rick J. Caruso, CEO of Caruso Affiliated, stated: "The global phenomena Topshop and Topman attract: stylish, devoted fan base from all over the world and the West Coast flagship store will bring a unique fashion-forward energy to The Grove. With their endless passion to bring style to the consumer coupled with their premier onsite services, our guests will fall in love with what the brands bring to Los Angeles."

From 3pm on the afternoon of February 14th, there will be a take-over of the Grove, one of the most iconic shopping destinations in LA. Topshop and Topman will completely transform the area outside the store, capturing the attitude and energy of a true British street party. The afternoon will include free treats, live music and special guests. The celebrations will continue over the opening weekend in store.

The Topshop area will house the brand's key ranges - Unique, the seasonal London Fashion Week collection, the second Topshop x J.W. Anderson, one of many designer collaborations, and Boutique, the brand's premium limited edition line. Other pieces include Topshop's famous Leigh Jeans, which will be available in all colour ways in the Denim area, and the Jersey section will feature some bright vest tops, perfect for the LA girl. Topshop launches with a collection exclusive to LA and hand-picked by actress, Kate Bosworth.

LA will see all the best menswear collections that Topman has to offer anywhere across the globe including all the designer collaborations, Topman Design (straight from the catwalks of London Collections: Men), Topman Ltd and Topman's Premium and Super Premium tailoring. The hotly anticipated 'LUX' collection will hit the LA store before anywhere else in the world. The collection features elegant intricately detailed pieces across formal and casual wear including man's jeans and men's suits. Also exclusive to LA will be a capsule of 30 specially created luxury sportswear pieces designed by the London in-house design team.

Horoscopes

Horoscopes from Kimi
22 Feb – 1 March 2013

Aries

Some people are thick skinned, you Aries can sometimes be a little thin skinned! This could be a week where misunderstanding may arise trust me no one is out to get you, lighten up and enjoy the week, there are fun times ahead

Taurus

You are on a roll, last week money this week the planets point favourably towards career opportunities Can anything go wrong? Short answer is no ,so long as you get the job offer before you hand in your notice!

Gemini

Take advice by all means but where important decisions have to be made don t get bogged down by too much scientific analysis This is one time when you may need to follow your instinct Rely on your inner voice and you won t go wrong

Cancer

You need to try to be a little more flexible this week. There could be a new job opportunity opening up but only if you are not closed to the idea of changing career pathway Alternatively there could be the chance of a new romance if you just gave that person a chance

Leo

You will be working closely with a colleague this week he or she may turn out to be a more important figure in your life than you at first anticipate particularly if you are young free and single If you are not single then you may have found a good friend. Either way your working relationships are well favoured

Virgo

I know you do not want to ask for help but you need it this week. A friendly word or a pat on the back from someone who knows you may be all it takes No man or woman is an Island, so let your friends in They want to help but sometimes are worried they may be seen as interfering

Libra

Your financial situation could be making a turn for the better this week. I know it may have been a long time coming This is only just the start of a new phase in your life Continue to be cautious but optimistic and all will be well soon

Scorpio

Chill out, seriously you need to do this Take time out from your work schedule and spend it with family and friends You need them as much as they need you this week. It will be time well spent as they will provide the emotional sustenance you need to go forward

Sagittarius

Reach for the stars, a little cliched but hey this is what you should be doing if you want to achieve success Time for you to put those plans you have had on hold for some time into action

Capricorn

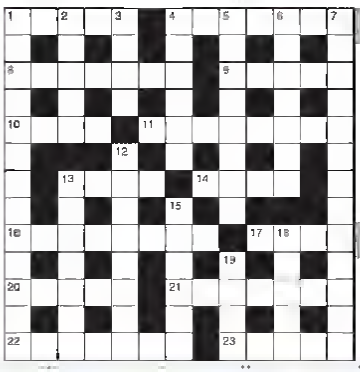
You need to think about changing your accountant your bank, your advisors or just opening that email or text from the bank. You need to take charge Then and only then things will things start to get better

Aquarius

There are changes coming your way and these could be big changes Be open to new opportunities whether at work or play You should be meeting new people this week. Remember that he or she may not appear to be your type but who knows they could turn out to be the love of your life

Pisces

You are one extremely lucky person this week and I don't mean on the lottery winning scale But you need to listen to those whose friendship you value most Do this and you will be saved from making a really big mistake



This week's crossword - Clues

Across

1 Happen (5)
4 In addition (7)
8 Betrayer (7)
9 Zest (5)
10 Rid (4)
11 Trader (8)
13 Munch (4)
14 Let it stand (4)
16 Maintain (8)
17 Support (4)
20 Sluggish (5)
21 Disclose (7)
22 Beg (7)
23 Finished (5)

Down

1 Rusty (3-2-8)
2 Pursue (5)
3 Scold (4)
4 Trade by exchange (6)
5 Wisdom (8)
6 Far (7)
7 Lacking \ self-control (5-8)
12 Disparage (8)
13 Vanity (7)
15 Majestic (6)
18 Wanderer (6)
19 Pain (4)

Last week's solution

ACROSS 3 TRANSPORT 8 ESPY 9 STRETCHED 10 FLEECE 11 CYCLE 14 RADIO, 15 EDGE 16 PLAYS, 18 THUD 20 TACIT 21 ROOST, 24 FASTEN 25 FRIGHTFUL, 26 SOON, 27 STERNNESS
DOWN 1 PERFORATE 2 SPLENDOUR 4 RITE 5 NEEDY 6 PICKLE 7 REEL 9 SCOOP 11 CHART 12 EDUCATION 13 PERTINENT 17 STEAL 19 DODGER, 22 SATIN 23 FRET 24 FUSS

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LED lighting: Why exactly is it the lighting of the future?

LEDs are a semiconducting light source, and are used in a variety of devices such as indicator lamps and stand-by lights. The technology was introduced in practical components in the early 1960s and consisted of low intensity multi-coloured lights. Modern versions however are very bright, and are available across the ultraviolet, visible and infrared wavelengths.

When it comes to product manufacturing, there are many advantages and disadvantages to using LED bulbs. Most notably they are very small, and can emit coloured light without using coloured filters. Their on/off time is quick too, and LEDs that are used in mobile phones or communication devices can have even quicker response times.

LED bulbs can also be dimmed, again widening their commercial use. Finally, LEDs are shock resistant, and because they are solid-state components, they are quite resistant to external shock. This helps the LED bulb to focus its light, unlike fluorescent and incandescent ones that sometimes need external light reflectors to focus. There are also some disadvantages to LED lighting, such as how the bulb's performance and output depends on the temperature of its environment.

LEDs, or light emitting diodes, are now the choice for millions of households all over the world. Not only are they eco-friendly, but the amount of energy a household can save compared to traditional incandescent light bulbs is enormous – LEDs are nearly 90 per cent more efficient. From halogen incandescent bulbs to compact fluorescent lamps, there are a number of alternatives to LED lighting, however none are as efficient. Fluorescent and incandescent bulbs shine light in all directions, wasting energy as well as heat.

LED lighting has the ability to save large amounts of energy in direct and indirect ways, so it's no wonder why it's so popular with business owners and households alike. LEDs produce intense light by supercharging electrons, and the rapidly advancing technology has helped reduce the running costs of many businesses, including air-conditioning and computer screens. Shining light in one single direction, they reduce the amount of heat produced compared to traditional incandescent or fluorescent lights, and thus reduce the energy wasted.

One of the greatest benefits of LED light bulbs is that they are very cheap to run – so cheap in fact, that it only costs £1 a year to operate an Energy Star Qualified LED bulb. In comparison, a fluorescent bulb costs £1.20 a year, and a halogen incandescent bulb costs £3.50 a year. Traditional incandescent bulbs cost a crazy £4.80 a year to run, highlighting the cost-saving measures of LED technology. Furthermore, an LED bulb also lasts a lot longer than other light sources, in some cases up to 25 years longer[1].

Advances in LED technology means the future looks even brighter (pardon the pun). As research in the USA continues, they hope to reduce traditional electricity demands by over 1/3, meaning savings of around £250bn could be made. It would also remove the need for more nuclear power plants.

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This event will be showcasing Royal Warrant Holders in the splendour of the Palace Gardens. You will be able to experience, learn about and shop from the Royal Warrant Holders along with taking morning coffee, afternoon tea or lunch within the catering concessions or purchasing their own hamper to lunch on the lawn (not included). The Festival will coincide with the 60th anniversary of The Queen's Coronation and is a celebration of excellence and innovation, bringing together for the first time, on this scale, those individuals and companies that hold Royal Warrants of Appointment.

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For more information, contact Coastguards Estate Agents on 01243 267026
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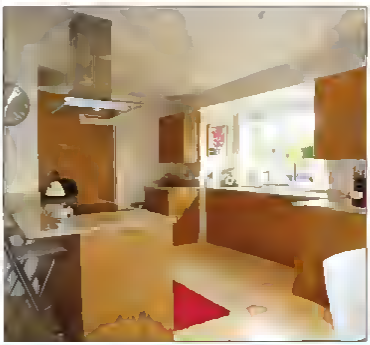

Firstbuy gets families moving in West Sussex

FIRST TIME house hunters in West Sussex are being helped onto the property ladder in some style as Charles Church continues to offer FirstBuy at a number of its developments.

High quality new properties are available under the FirstBuy government equity loan scheme at delightful village locations such as the Eysshop Meadow development in Henfield and Willows Edge in North Bersted.

Rob Alleo, sales director for Charles Church South Coast, said: "FirstBuy will enable new entrants to the housing market to get the keys to their first home without having to compromise on quality, with prices starting at just £191,960*.

"The scheme is specifically designed to help first time buyers into home ownership without them having to raise a hefty deposit."

Under the scheme the buyer is only required to raise a five per cent deposit and a 75 per cent mortgage. The government and house builder will each provide an equity loan for the remaining 20 per cent of the property. Once purchased, 100 per cent of the home is owned by the buyer and there is zero interest to pay on the equity loan for the first five years.

Rob added: "Eysshop Meadow offers stylish, comfortable homes in an idyllic village setting, just a short drive from the coast. Charles Church has created an exclusive range of one, two, three and four bedroom luxury house styles close to Henfield village centre."

"Willows Edge is a stunning development of carefully designed two, three, four and five bedroom properties in a village less than two miles from Bognor Regis, which won a Blue Flag and Quality Coast Beach award in 2009."

For more information about FirstBuy, or for details of other Charles Church developments in West Sussex, visit the website at www.charleschurch.com

*Prices correct at time of going to press

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27 MARCH 2013
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Vincent Simone and Flavia Cacace have dazzled television audiences for six series of the BBC's Strictly Come Dancing with their stunning Tango routines. Now they have created their own live show - Midnight Tango - a breathtaking evening bringing all the drama, sensuality and elegance of this most exciting of dance forms to life.

Set in a late night bar in downtown Buenos Aires and featuring some of the finest Tango dancers in the world, Midnight Tango, takes you on a journey into a heart of this intoxicating city. As danger and excitement, joy and jealousy, pain and passion all combine - this is a spectacular and explosive evening not to be missed!

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For further information or viewing, contact: paulsdams60@btinternet.com or 07599 530755.

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ALDWICK BAY ESTATE £795,000

An elegant Georgian style det residence situated in the premier thoroughfare of the Aldwick Bay private marine estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment & remodelling in recent years. G F H..o new slate roof with enhanced insulation, modernised electrics including external power points to the front and rear. u P V C. double glazing 'Thermafill' cavity wall insulation. entrance hall. a cloakrm..a 25' triple aspect lounge. o triple aspect garden rm. bright & spacious dual aspect kitchen/dining rm. separate utility rm. a study/office. a master bedrm with en suite shower rm. 3 further bedrooms, o bathrm. garage & good sized remodelled & restocked gardens with o new block paved drive & wrought iron gates. EPC rating is D

ALDWICK BAY ESTATE £670,000

A spacious detached refurbished situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK £625,000

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built-in the 1970,s and requiring modernisation and some refurbishment, majority double glazed, gas central heating, u P V C. fascias/soffits, large open plan living area, good sized kitchen/breakfast room, utility room, master bedroom with en suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

CRAIGWEIL PRIVATE ESTATE £465,000

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H., U.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E

NYETIMBER £425,000

A detached family house with attached bed ensuite bed annexe situated on a cul-de-sac. The property is built on a larger than average plot. The specification includes g f h, dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large l/dng room incorporating a kitchenette, o bedrm and shower rm. The property benefits from a large plot with block paved parking areas and a good sized lawned garden. EPC rating is D

ALDWICK £325,000

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u P V C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS. EPC rating is C

ALDWICK £169,000

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room. EPC rating is C

Now's the time to buy a brand new home - before house prices soar!

WITH Linden Homes celebrating a successful start to 2013, the award-winning developer says now is the perfect time to invest in bricks and mortar.

The company, which has its head office in Hessle, has celebrated £6.5 million in property sales for the month of January – and predicts much of the same for the coming months.

However, a recent national report suggests that house prices will rise by 14 per cent over the next four years to reach a record high.

Economists say the property downturn is over and claim that the average British home will be worth more than £200,700 in 2017 – up from the current value of £176,000.

Rising demand coupled with a lack of supply will cause the increase in prices, according to the Centre for Economics and Business Research.

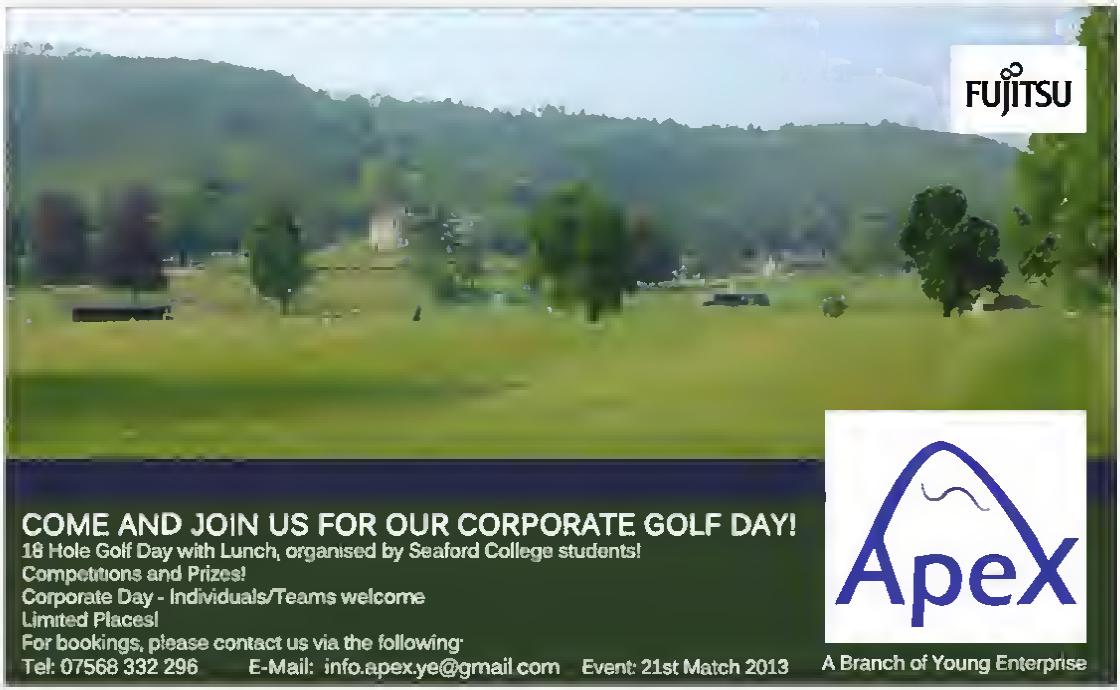
But with a healthy build programme at locations around North East Lincolnshire, East Riding, Yorkshire and Humberside – coupled with excellent incentives to curb the cost of moving – now is the perfect time to snap up a new home ahead of the predicted soar in prices – says Linden Homes.

Sales director Steve Woomble said: "During January we have effectively seen one house sale per day – evidence that demand for new homes continues to thrive for Linden Homes.

"Some potential purchasers may now be worried by the prediction of a rise in house prices. However, by talking to us about their requirements and seeing how we can help them through a range of incentives – now may be the perfect time to buy that new dream home.

"Buying at today's prices will be an investment for the future, and a great way to watch your money grow if the predictions are to be believed."

To find out where Linden Homes is building locally and what incentives are available, visit lindenhomes.co.uk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Sought after BMW's under the hammer

POSSIBLY the most distinctive model to be offered at the Silverstone Auctions hosted Race Retro and Classic Car Sale has been unveiled as a 1973 BMW 3.0 CSL 'Batmobile' FIA Race Car in bright orange.

Estimated at between £75,000 to £100,000 this stunning example will come to auction on 23rd February at Stoneleigh with zero running hours since a very recent engine refresh by renowned experts Mathwall Engineering.

Starting life as a standard original BMW CSL road car, the car was built for racing in 2010 by noted race team Classic Cars of Kent. The work involved acid dipping, e-coating and seam welding the shell. It was then fitted with new sills and panels where necessary and a full FIA cage welded in to place.

Underneath the bonnet, the engine was modified to full FIA race spec with very rare factory Kugelfischer injection and Schatzar slides.

Nick Whale, managing director, Silverstone Auctions, said: "Presented with FIA HTP papers, this race car is a great way to compete in the various 70's saloon events, including the Masters series.

"It's a fitting addition to our auction at the Race Retro Show, Europe's premier international historic motorsport event, and lines up alongside a stunning array of competition cars, classic road going models and collectable automobilia."

Other BMW's being offered include a 1973 E9 CSI Coupe – one of only 207 right hand drive examples built - estimated at £18,000 to £22,000, and a 1974 E9 CSI Coupe fitted with a 3.5 M5 Engine, also estimated at £15,000 to £22,000.

Moving forward in years and there is a 1991 M5 – the last of the hand-built M cars estimated at £5,000 to £10,000, and a 2006 Z4M Roadster – owned by motoring legend Colin Blower – estimated at £14,000 to £16,000.

For more information about Silverstone Auctions and the Race Retro and Classic Car Sale visit silverstoneauctions.com, while to discover more about Race Retro visit raceretro.com.

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Football

Chichester's league hopes suffer

CHICHESTER LADIES went into the game second in the league after a 3-0 win against Cambridge a fortnight ago.

But things didn't quite go to plan as they crashed to a 5-0 defeat at the hands of Ipswich.

Chichester started slowly and were under immediate pressure from the Ipswich front line. Ipswich were pinning Chichester back from an early stage and this pressure took its toll as Ipswich took a 1-0 lead after 12 minutes after they got in behind the back line and cut a cross back to be tapped in at the near post. Ipswich should have doubled their lead 5 minutes later after a horrible clearance found the Ipswich striker who shot at McNamara who saved outstandingly, but the ball fell at the feet of the Ipswich number 9 who couldn't seem to miss. But she did just that after some last ditch defending by Starkey and Alexandre kept them at bay before McNamara did enough to keep the score at 1-0. It wasn't long though before Ipswich doubled their lead when Danni Paul headed home in to her own net after an innocuous cross that was going out for a goal kick wasn't communicated and dealt with. Not a lot went Chichester's way in the first half and were left reeling after Challen broke through on goal and was maliciously brought down by the last Ipswich defender on the edge of the 18 yard box. The referee seeing nothing wrong with what was a tackle from behind and let play go on. A minute later Ipswich counter attacked and had a shot at goal. McNamara had this covered but Danni Paul, under pressure from the Ipswich attacker, slid in and knocked the ball past the helpless McNamara. Ipswich led 3-0 at the break.

Chichester made a change at the start of the second half and Hughes-Jones came on for Starkey, which pushed Paul into the centre of defence. Danni Paul was involved in another key moment of the game after she gave away a penalty 7 minutes into the second half. Ipswich duly took their opportunity and the score was 4-0. Chichester seemed to wake up after this and were starting to put a string of passes together. Kally Ambler came on for Harnett after 60 minutes and breathed up the whole of the Chichester team with her determination to win the ball back. Chichester were starting to through their bodies on the line, more and more so than Challen and Maddox who worked tirelessly throughout. Things could have been different for Chichester after Challen broke clear of the Ipswich defence only for a fine save from the Ipswich goalkeeper to keep it 4-0. Chichester were starting to look like the team we have all come to expect and were starting to play

their football. However, the final nail in the coffin came 7 minutes from time after Wride and Hughes-Jones were allegedly judged to have brought down the Ipswich right winger in the box. This dubious foul was the end of a dreadful afternoon at Oaklands Park for the home team. The scores ending 5-0 to Ipswich.

Chichester now take no top of the league Cheshunt this weekend.

City: McNamara, Fowlie, Paul, Starkey (Hughes-Jones, 45), Alexandre, Madden, Wride, Widdowson, Yeo, Challen, Harnett (Ambler, 60).

Attendance: 87

Football

Neighbour scores winner for neighbours

Tuesday 19 February 2013
Sussex County League Division One
Chichester City 2 – 4 Pagham
By Chester Browton at Oaklands Park

AFTER TWO successive defeats, Pagham gave their title-winning aspirations a boost on Tuesday night with a 4-2 triumph over Chichester.

But the Lions were forced to work hard for the three points and only made sure of the victory during the final stages.

City went ahead after two minutes, when Pagham keeper James Binfield fumbled the ball from a corner and centre-half Corey Heath netted.

The hosts came close to scoring again on 18 minutes when Dominic Taylor's effort was cleared off the line by Ben Buckland, but after that Pagham were generally on top.

They equalised in the 22nd minute with a Neil Murfin header from a corner, and then went ahead on 38 minutes after pressure from Max Thorne culminated in Jamie Temple scoring.

Right on half time, Chichester levelled when Binfield could only parry Taylor's shot and Fraser Smith was perfectly placed to smash in the rebound.

Pagham spent most of the second-half trying to break through the well-organised Chichester defence, and Neil Murfin was narrowly denied on 65 minutes when his effort hit the crossbar.

His younger brother Scott then took to the field and immediately added more bite to the Lions' attack.

The decisive moment arrived on 80 minutes when a Pagham corner led to the ball being driven straight into the arms of a City defender. Referee Massey pointed to the spot, but Howard Neighbour's faultless kick was superbly saved by DAN ROBERTS. Scott Murfin, however, pounced on the ball faster than a greyhound and struck in Pagham's third.

And to round off an entertaining local derby, Neighbour scored the best goal of the evening during stoppage time when he hit a long range curler off his knee that gave Roberts no chance whatsoever.

City: Roberts, Chaplin, Boniface, Tribe, Heath, F Smith, Broom, Brookes, Ferry, Watts, Taylor. Sub: Ender.

Pagham: Binfield, Buckland, Cox, Pearce, Barker, Geoghegan, Williams, Thorne, Neighbour, Temple, N Murfin. Subs: S Murfin, Hawker.

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Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	23	16	6	1	66	20	46	54
HASSOCKS	29	16	4	9	71	42	29	52
RINGMER	27	16	4	7	58	41	17	52
EAST PRESTON	22	15	5	2	65	23	42	50
PAGHAM	24	15	2	7	55	37	18	47
REDHILL	23	14	4	5	46	26	20	46
RYE UNITED	20	14	3	3	65	30	35	45
EAST GRINSTEAD TOWN	26	13	5	8	71	42	29	44
LANCING	25	12	5	8	62	40	22	41
ST FRANCIS RANGERS	25	12	3	10	46	44	2	39
LINGFIELD	23	11	3	9	54	48	6	36
CROWBOROUGH ATHLETIC	26	11	2	13	45	64	-19	35
HORSHAM YMCA	24	11	1	12	61	47	14	34
ARUNDEL	25	9	5	11	36	50	-14	32
SELSEY	25	7	6	12	27	43	-16	27
HAILSHAM TOWN	22	8	1	13	41	51	-10	25
DORKING WANDERERS	27	6	7	14	41	59	-18	25
SIDLEY UNITED	23	6	6	11	38	54	-16	24
SHOREHAM	26	7	3	16	41	68	-27	24
CHICHESTER CITY	27	5	4	18	38	75	-37	19
AFC UCKFIELD	23	2	3	18	27	85	-58	9
WORTHING UNITED	25	1	4	20	28	92	-64	7

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	24	17	3	4	63	40	23	54
LITTLEHAMPTON TOWN	19	15	3	1	58	12	46	48
EASTBOURNE UNITED AFC	20	13	3	4	67	31	36	42
LITTLE COMMON	21	12	3	6	61	27	34	39
BROADBRIDGE HEATH	22	11	4	7	52	39	13	37
FERNHILL UNITED	21	10	7	4	48	39	9	37
MIDHURST & EASEBOURNE	20	10	6	4	53	36	17	36
LOXWOOD	22	10	5	7	43	32	11	35
WESTFIELD	20	8	7	5	41	29	12	31
MILE OAK	21	7	6	8	39	37	2	27
SEAFORD TOWN	20	7	5	8	31	37	-6	26
SOUTHWICK	22	7	2	13	42	49	-7	23
WICK	20	7	2	11	33	48	-15	23
STORRINGTON	23	6	5	12	33	54	-21	23
STEYNING TOWN	20	5	5	10	41	45	4	20
RUSTINGTON	21	4	3	14	34	58	-24	15
OAKWOOD	20	3	4	13	23	58	29	13
SALTDEAN UNITED	22	0	1	21	19	121	-102	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	12	9	2	1	44	17	27	29
BARNHAM	15	9	2	4	45	22	23	29
HAYWARDS HEATH TOWN	11	8	2	1	31	9	22	26
BILLINGSHURST	9	7	1	1	27	12	15	22
UCKFIELD TOWN	12	5	3	4	24	21	3	18
ROFFEY	12	5	2	5	27	22	5	17
CLYMPING	13	5	2	6	17	21	-4	17
FERRING	12	4	3	5	23	34	-11	-12
IFIELD	11	3	2	6	22	33	-11	11
HURSTPIERPOINT	13	3	1	9	16	27	-11	10
ROTTINGDEAN VILLAGE	15	3	1	11	21	55	-34	10
TD SHIPLEY	11	1	1	9	9	36	-27	4

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